active
AT PETALUMA

GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	**BOOTCAMP** Sadie | Studio 1	**STRENGTH** Oscar | Studio 1	**BOOTCAMP** Sadie | Studio 1	**STRENGTH** Jeremiah | Studio 1 **ACTIVE CYCLE** Jen | Studio 2	**BOOTCAMP** Sadie | Studio 1		
7AM	**BOOTCAMP** Sadie | Studio 1	**YOGA TONE** Baddoura | Studio 1 **CIRCUIT TRAINING** Jodi | Studio 2	**VINYASA YOGA** Monica | Studio 1	**Tone Up** Baddoura | Studio 1 **ACTIVE STRENGTH** Jodi | Studio 2	**BOOTCAMP** Sadie | Studio 1		
8AM	**STRENGTH** Eve | Studio 1	**BALL PILATES** Sue | Studio 1 **GENTLE STRENGTH** Eve | Studio 2	**ACTIVE STRENGTH** Jodi | Studio 2 ***FUNCTIONAL STRENGTH**** Carrie | Studio 1	**CARDIO STRETCH** Jackie | Studio 1	**POWER YOGA** Channon | Studio 1 **SPIN & STRENGTH** Carrie | Studio 2 (7:45)	**YINYASA YOGA** Baddoura | Studio 1	**ZUMBA** Alina | Studio 1
9AM	**BODY BLAST** Janet | Studio 1 **ACTIVE CYCLE** Baddoura | Studio 2	**BODY BLAST** Sue | Studio 1 **ACTIVE STRENGTH** Cassandra | Studio 2	**STRENGTH** Oscar | Studio 1	**MAT PILATES** Eve | Studio 1 **ACTIVE CYCLE** Kristy | Studio 2	**YOGALATES** Tara | Studio 1 **ACTIVE CYCLE** Karen | Studio 2	**WARRIOR** Shayna | Studio 1	**CARDIO BARRE** Tek | Studio 1
10AM	**POWER YOGA** Channon | Studio 1 **SPIN & STRENGTH** Janet | Studio 2	**BODY FIT** Tara | Studio 1 **CIRCUIT TRAINING** Oscar | Studio 2	***WELLNESS 3-IN-1**** Sue | Studio 1 **ACTIVE STRENGTH** Janet | Studio 2	**BODY FIT** Tara | Studio 1 **ACTIVE STRENGTH** Terri | Studio 2	***STRETCH/MOBILITY**** Jackie | Studio 1 **SPIN & STRENGTH** Janet | Studio 2	**BODY FIT** Tara | Studio 1 **WARRIOR REVOLUTION** Shayna | Studio 2	**90 MIN YOGA** Baddoura | Studio 1 **ACTIVE STRENGTH** Terri | Studio 2
11AM	**CORE WORK** Linda | Studio 1 **GENTLE STRENGTH** Heidi | Studio 2	**ZUMBA** Evelyn | Studio 1	**YINYASA YOGA** Baddoura | Studio 1 **GENTLE STRENGTH** Tina | Studio 2	***CHAIR AEROBICS**** Holly | Studio 1 **GENTLE STRENGTH** Heidi | Studio 2	***FUNCTIONAL STRENGTH**** Tina | Studio 1	**ZUMBA** Rose | Studio 1	**MAT PILATES** Tek | Studio 1 *(11:30am)*
12PM	***CHAIR FIT**** Tina | Studio 1	***CHAIR YOGA**** Tek | Studio 1	***CHAIR FIT**** Terri | Studio 1	***WELLNESS 3-IN-1**** Sue | Studio 1	***GENTLE YOGA**** Tina | Studio 1		
1PM	***CHAIR AEROBICS**** Tina | Studio 1	***WELLNESS 3-IN-1**** Sue | Studio 1		***CHAIR YOGA**** Monica | Studio 1			
2PM		***CHAIR AEROBICS**** Holly | Studio 1					
3:30PM	***STRETCH/MOBILITY**** Baddoura | Studio 1	**TONE UP** Baddoura | Studio 1	***ZUMBA GOLD**** Rose | Studio 1		***CHAIR YOGA**** Monica | Studio 1		
4:30PM	**STRONG STEP** Tara | Studio 1 **SPIN & STRENGTH** Holly | Studio 2	**CORE WORK** Linda | Studio 1 **ACTIVE STRENGTH** Jeremiah | Studio 2	**CARDIO BARRE** Baddoura | Studio 1 **Spin & Strength** Holly | Studio 2	**YOGA** Channon | Studio 1	**WARRIOR** Shayna | Studio 1		
5:30PM	**VINYASA YOGA** Nicole | Studio 1 **CYCLE & CORE** Holly | Studio 2	**ZUMBA** Rose | Studio 1 **ACTIVE CYCLE** Jenn | Studio 2	**MAT PILATES** Pari | Studio 1	**STRENGTH** Oscar| Studio 1 **CYCLE & CORE** Holly | Studio 2	**ZUMBA** Chela | Studio 1		
6:30PM		**YOGA FLOW** Stephanie | Studio 1	**YINYASA YOGA** Baddoura | Studio 1 **GENTLE STRENGTH** Nicole | Studio 2 (6:15PM)	**BARRE SCULPT** Tek | Studio 1			

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* = Class is designed for Active Aging Adults but all ages welcome.