

# PASEO CLUB

## OUTDOOR GROUP EXERCISE SCHEDULE

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 7:45 am Cycle Jackie	6:00 am - 6:45am Cycle Mark	7:00am-7:45am Cycle Michael	6:00 am - 6:45am Cycle Mark	6:00 am - 6:45am Cycle Michael	7:15am-8:00am Cycle Jackie
7:00am- 8:00am Walk/Run Mel	7:00 am - 7:45 am Cycle Mark	7:00am-7:45am Cardio Strength Jessica		7:00am-7:45am Cycle Michael	7:00am-8:00am Walking Class Melanie
8:00 am - 8:45 am Bootcamp Lynette	8:00am - 8:45am Cycle Melanie	8:00am-8:45am Cycle Fusion Heather	7:00am-8:00am Walking Class Melanie	7:00am-7:45am Core, Tone & Stretch Jodi	8:15am-9:00am Zumba Heesun
8:00 am - 8:45 am Cycle Trish	8:15am - 9:00am Cardio & Core Jen	8:00am-8:45am Weighted Bootcamp Lynette	8:00am-8:45am Cycle Fusion Lynette	8:00am-8:45am Cycle Cezanne	8:30am - 9:30am Cycle Cezanne
8:00 am - 8:45 am Total Body Cezanne	9:00am-10:00am Liquid Cardio Rosemary	8:00am-9:00am Yoga Kimberly	8:00am-8:45am Total Body Jen	8:00am-8:45am Kickboxing Lynette	9:00am-10:00am Liquid Cardio Jodi
8:30 AM Melanie Treadmill Class	9:15am-10:00am Barre Body Jodi	9:15am-10:00am Pilates Mat Heather	9:00am-10:00am Liquid Cardio Jodi	9:00am-9:45am Cardio Strength Trish	9:15am-10:00am Cardio Strength April
9:00 am - 10:15am Yoga Kimberly	10:30am-11:15am Total Body Cezanne	9:15am-10:15am Liquid Cardio Jodi	9:00am-9:45am Barre Body Rana	9:15am - 10:15am Liquid Cardio Amanda	10:15am - 11:15am Yoga Andrea
9:15am - 10:00am Liquid Cardio Jodi	11:30am - 12:30pm Yoga Allison	9:30 am - 10:15 am Cycle Lynette	10:00am-10:45am Pilates Mat Rana	10:00am-10:45am Pilates Mat Jessica	
10:30am - 11:15am Pilates Mat Cezanne	4:00 pm -4:45pm Kids Fitness Gavin	10:15am-11:00am Total Body Melanie	11:00am-12:00pm YOGA Andrea	11:00am- 12:00pm Yoga Annette	
12:00pm -1:00pm Total Body April	6:00pm-6:45pm Total Body Dana	11:15am-12:15pm Yoga Allison	4:00 pm -4:45pm Kids Fitness Gavin		<b>Sunday</b>
4:30-5:30pm Restorative Yoga Dani	6:00pm - 7:00 pm Cycle Michael	4:00 pm -4:45pm Kids Fitness Gavin	6:00pm-6:45pm Cardio Strength Dana	Group x Room Cycle Room Cardio Deck	8:00am-9:00am Cycle Michael
6:00pm - 6:45 pm Cardio Strength April	7:15pm-8:00pm Barre Body Jodi	6:00pm-6:45pm Total Body Jodi	6:30pm-7:30pm Cycle Jackie	Group X Pavillion Front of Club Golf Area Pool Outdoor Cycle Area	8:30am-9:15am Cardio Strength Dana
5:30pm - 6:30pm Cycle Heather		5:30pm - 6:30 pm Cycle Alex	7:00pm - 8:00pm Zumba Heesun	\$20 no show fee \$10, 3hr cancel	9:30am-10:15am Zumba Heesun
7:00pm- 8:00pm Yoga Andrea		7:00pm-YOGA Andrea			10:30am-11:45am Yoga & Meditation Travis