# GROUP EXERCISE SCHEDULE

**Effective Monday, March 9th through Sunday, Sunday, March 15th**

(STUDIOS 1 & 2 CLOSED FOR FLOOR REFINISHING)

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<td>SD 5:45 - 6:35 Cycling Kadria</td>
<td>SD 5:45 - 6:35 Cycling Teresa</td>
<td>SD 5:45 - 6:35 Cycling Teresa</td>
<td>SD 5:45 - 6:35 Cycling Terri</td>
<td>SD 5:45 - 6:35 Cycling Kadria</td>
<td>CON 5:45 - 6:30 MSC Circuit Terri</td>
<td>SD 9:45 - 10:45 Cycling Matthew</td>
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<td>SD 8:00 - 8:55 Aqua Splash Sheri</td>
<td>SD 8:00 - 8:55 Agility Balance Core Sheri</td>
<td>SD 8:00 - 8:55 Aqua Splash Sheri</td>
<td>SD 8:00 - 8:55 Aqua Splash Sheri</td>
<td>SD 8:00 - 8:55 Aqua Splash Margaret</td>
<td>SD 9:45 - 10:45 Cycling Kim Y.</td>
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<td><strong>FL 12:15 - 1:05 Outdoor Bootcamp Susan</strong></td>
<td><strong>SD 12:15 - 1:00 Cycling Matthew</strong></td>
<td><strong>SD 12:15 - 1:00 Cycling Anel</strong></td>
<td><strong>FL 12:15 - 1:05 Outdoor Bootcamp Anel</strong></td>
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<td><strong>SD 1:30 - 2:30 T’ai Chi Harriet</strong></td>
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<td><strong>S2 5:30 - 6:30 Cycling Marcia D.</strong></td>
<td><strong>FL 5:30 - 6:30 Outdoor Bootcamp Marcia D.</strong></td>
<td><strong>SD 5:30 - 6:30 Cycling Tracey</strong></td>
<td><strong>SD 5:30 - 6:30 Cycling Tracey</strong></td>
<td><strong>SD 5:30 - 6:30 Cycling Martin</strong></td>
<td><strong>SD 5:30 - 6:30 Cycling Suhad</strong></td>
<td><strong>SP 11:15 - 12:00 T’ai Chi Lee</strong></td>
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<td><strong>FL 5:30 - 6:30 Outdoor Bootcamp Marcia D.</strong></td>
<td><strong>FL 5:30 - 6:30 Cycling Tracey</strong></td>
<td><strong>FL 5:30 - 6:30 Outdoor Bootcamp Eric</strong></td>
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<td><strong>LP 5:30 - 6:30 Endurance Swim Terri</strong></td>
<td><strong>LP 5:30 - 6:30 Aqua Yoga Melina</strong></td>
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<td><strong>LP 5:30 - 6:30 Aqua Zumba Sabrina</strong></td>
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**LEGEND**

- **SP** = Small Pool
- **LP** = Large Pool
- **FL** = Front Lobby
- **SD** = Sundeck
- **CON** = Concourse

Please note, classes/instructors subject to change without notice. Outdoor classes and class held on the sun-deck will be cancelled in inclement weather.
CLASS DESCRIPTIONS

AI CHI (Gentle):
A relaxing water exercise program that incorporates principles of t’ai chi. Swimming proficiency is not required.

AGILITY-BALANCE-CORE (Gentle):
Aqua exercises designed to enhance cardiovascular fitness, muscular strength, balance, and core stability. Swimming proficiency is not required.

AQUA HIIT (All Levels):
High intensity swim intervals with dry land drills using ropes, kettlebells, medicine balls and body weight exercises. Swimming proficiency is strongly advised.

AQUA SPLASH (Gentle):
This class gently promotes cardiovascular fitness, strength, and flexibility using water resistant exercises. Swimming proficiency is not required.

AQUA YOGA (Gentle):
Gentle yoga poses adapted for the water. Swimming proficiency is not required.

AQUA YOGA CORE (All Levels):
Strength, balance and flexibility based yoga poses combined with core exercises using water resistance.

AQUA ZUMBA (All Levels):
A pool party! Latin dance moves and rhythms adapted for the water. Swimming proficiency is not required.

*CYCLING (All Levels):
Lead by our certified instructors go for the ride of your life!

DEEP WATER (All Levels):
A deep-water workout using the Hydrofit buoyancy/resistance equipment. Swimming proficiency is advised.

ENDURANCE SWIM (All Levels):
A coached swim workout. Swimming proficiency is strongly advised.

H2O WORKOUT (All Levels):
Shallow water aerobics emphasizing cardiovascular conditioning and strengthening using water resistance. Swimming proficiency is not required.

*JIU JITSU FLOW BEACH WORKOUT (All Levels):
This class modifies Jiu Jitsu movements to be individually practiced and focuses on increasing strength, mobility, core stability and body control.

MSC CIRCUIT (All Levels):
A total body circuit that utilizes the cardio equipment and space in the concourse area. CLASS IS LIMITED TO 14 PARTICIPANTS. First come, first serve.

*OUTDOOR BOOTCAMP (All Levels):
Get outside and push yourself to the limit with bootcamp style drills and thrills.

*OUTDOOR HIIT (All Levels):
A drill-based, high intensity cardio based class designed to quickly increase your level of fitness while building muscle and burning fat.

*T’AI CHI (Gentle):
A profound mind/body/spirit discipline consisting of a series of meditative movements performed in a slow, focused manner accompanied by deep breathing.

*Please note, class will be cancelled in inclement weather.

www.monterey.org/sportscenter
301 East Franklin Street (831) 646-3730