

MONDAY

5:30 a.m. AMBER Hustle, Muscle, and Core
5:30 a.m. JOY Cycle
7:30 a.m. STEVE Tabata
8:00 a.m. SELF LED Water Walking
8:00 a.m. JILLIAN Aqua Cardio
8:30 a.m. GAE Strictly Strength
8:30 a.m. LYNDSEY Cycle
8:30 a.m. TIFFANY Barre Blend
9:00 a.m. SELF LED Water Walking
9:00 a.m. JENNY Aqua Tabata
9:30 a.m. LYNDA Yoga
9:30 a.m. ALI Zumba®
9:30 a.m. JULIE Cardio Strength Interval
10:00 a.m. JENNY Aqua Core and More
10:30 a.m. INGRID SilverSneakers® Classic
10:30 a.m. EILEEN Strictly Strength
10:30 a.m. ELSA Yoga
11:30 a.m. LAURA SilverSneakers® Stability
11:30 a.m. JENNY Stretch & Flex
11:30 a.m. ELSA Gentle Aqua
12:00 a.m. JULIE / TERRI Strength and Stretch
1:00 p.m. INGRID Zumba Gold®
4:30 p.m. JENNY Total Body Conditioning
5:00 p.m. KYLEY Step
6:00 p.m. EMMA High Low Fit
6:00 p.m. DAVID Cycle
7:00 p.m. EILEEN Yoga
7:00 p.m. JAN Zumba®

TUESDAY

5:30 a.m. COURTNEY Cycle
7:00 a.m. EMMA HIGH Fitness Express
7:30 a.m. EMMA Barre Fusion
7:30 a.m. JOY Yoga
8:00 a.m. SELF LED Water Walking
8:00 a.m. JILLIAN Aqua Strength
8:30 a.m. SIMONA Yoga
8:30 a.m. MIMI Cardio Strength Interval
8:30 a.m. JULIE Zumba®
8:30 a.m. COURTNEY Cycle
9:00 a.m. SELF LED Water Walking
9:00 a.m. JILLIAN Aqua Mix
9:30 a.m. ANDREA Pure Stretch
9:30 a.m. JOSEPHINE SilverSneakers® Circuit
9:30 a.m. NATALIE HIGH Fitness
10:00 a.m. JILLIAN Aqua Strength
9:30 a.m. JOSEPHINE SilverSneakers® Circuit
10:30 a.m. ANDREA Strictly Strength and Balance
11:30 a.m. GRETCHEN Beginner Yoga
12:00 a.m. DEBBIE M Sweat & Stretch
6:00 p.m. ANDREA Cycle
6:00 p.m. TAMMY Barre Blend
6:00 p.m. MARY Aqua Strength
7:00 p.m. ELSA Extended Yoga
7:00 p.m. MARY Zumba®

WEDNESDAY

5:30 a.m. DEBBIE M Strictly Strength
5:30 a.m. JOY Cycle
5:30 a.m. DEBBIE M Cardio Endurance
7:30 a.m. LINDSEY Cardio Strength Interval
8:00 a.m. SELF LED Water Walking
8:00 a.m. SIMONA Outdoor Yoga
8:00 a.m. JENNY Aqua Bootcamp
8:30 a.m. DEBBIE M Step
8:30 a.m. COURTNEY Cycle
8:30 a.m. TIFFANY Barre Blend
9:00 a.m. SELF LED Water Walking
9:00 a.m. JULIE Aqua Mix
9:30 a.m. COURTNEY Express Cycle
9:30 a.m. DEBBIE H Strictly Strength
9:30 a.m. MIMI Power Pilates
9:30 a.m. JULIE Aqua Boot Camp
9:30 a.m. DEBBIE HIIT Strength
10:00 a.m. JENNY Aqua Strength
10:30 a.m. GRETCHEN Extended Gentle Yoga
10:30 a.m. DEBBIE H SilverSneakers® Classic
10:30 a.m. EILEEN Strictly Strength
11:30 a.m. JAN SilverSneakers® Circuit
5:00 p.m. TAMMY Strictly Strength
6:00 p.m. ANDREA Pure Stretch/Ab Lab
6:00 p.m. TAMMY Cardio Strength Interval
7:00 p.m. JULIE Zumba®
7:00 p.m. ALEXA Extended Yoga

THURSDAY

5:30 a.m. COURTNEY Cycle
6:30 a.m. DEBBIE M Strictly Strength
7:30 a.m. SYDNEY Barre
8:00 a.m. SELF LED Water Walking
8:00 a.m. MARY Aqua Strength
8:30 a.m. SYDNEY/ALLISON Upbeat Strength
8:30 a.m. ALI Zumba® Toning/Circl Mobility
8:30 a.m. ANDREA Cycle
8:30 a.m. GAE Mat Pilates
9:00 a.m. SELF LED Water Walking
9:15 a.m. ELSA Aqua Tabata Express
9:30 a.m. ALLISON HIGH Fitness
9:30 a.m. KAT Yoga
9:30 a.m. ANDREA Express Ab Lab
10:00 a.m. ELSA Aqua Mix
10:30 a.m. KAT Gentle Yoga
10:30 a.m. ALEXA Power Yoga
10:30 a.m. DEBBIE HIIT Strength
11:30 a.m. SILVERSNEAKERS®
12:00 p.m. DEBBIE M Sweat & Stretch
11:30 a.m. SILVERSNEAKERS®
1:00 p.m. INGRID Zumba Gold®
5:00 p.m. KYLEY HiYo Fit
6:00 p.m. TAMMY Barre Blend
6:00 p.m. KRISTEN Strictly Strength
7:00 p.m. KYLEY Hi Fit Yo Fit
7:00 p.m. ALEXA Extended Yoga

FRIDAY

5:30 a.m. AMBER Cardio Strength Interval
7:30 a.m. DEBBIE M Strictly Strength
7:30 a.m. STEVE Tabata
8:00 a.m. SELF LED Water Walking
8:00 a.m. AQUA MIX
8:30 a.m. DEBBIE M Power Pilates
8:30 a.m. DEBBIE M Cardio Strength Interval
8:30 a.m. LYNDSEY Cycle
8:30 a.m. EILEEN Yoga
9:00 a.m. SELF LED Water Walking
9:00 a.m. KAT Aqua Mix
9:30 a.m. GRETCHEN Gentle Yoga
9:30 a.m. JULIE Hustle, Muscle, and Core
9:30 a.m. JOSEPHINE Cardio Dance
10:00 p.m. ALI Zumba®
10:00 a.m. KAT Aqua Tabata
10:30 a.m. KIMI HIGH Fitness
10:30 a.m. JULIE Pure Stretch
10:30 a.m. JOSEPHINE SilverSneakers® Circuit
11:30 a.m. INGRID SilverSneakers® Classic
12:30 p.m. ALI Zumba® Gold
5:00 p.m. EMMA Upbeat Strength

SATURDAY

7:30 a.m. EMMA Barre
8:00 a.m. LORI Water Trec
8:30 a.m. ANDREA Cycle
8:30 a.m. DEBBIE H Step
8:30 a.m. KRISTEN Turbo Kick
9:00 a.m. LORI Water Trec
9:00 a.m. MARY Extended Aqua
9:30 a.m. DEBBIE H Strictly Strength
9:30 a.m. DEBBIE M Sweat and Stretch
9:30 a.m. KIM Yoga
10:30 a.m. JULIE Zumba®
9:30 a.m. KIM Power Yoga
10:30 a.m. DEBBIE M Strictly Strength

SUNDAY

8:30 a.m. LYNDSEY Cycle
8:30 a.m. KAT/KIM Gentle Yoga
9:00 a.m. BRITTANY Aqua Zumba®
9:30 a.m. KAT/KIM Extended Yoga
10:30 a.m. BRITTANY Barre
11:30 a.m. LYNDSEY Cardio Strength Interval

**NOTE:** Schedule is subject to change. Visit SAAS for most up-to-date info.



**REQUIRED:** Online reservations required through SAAS. Reservations begin 48 hours in advance. Scan the QR code above to view schedule & reserve your spot.

- CLASS TIMES:**
- Classes are 50 minutes unless otherwise noted.
  - Express classes are 30 minutes.
  - Extended classes are 65-85 minutes.

**MCC HOLIDAY SCHEDULE:** Please reference SAAS  
**HOLIDAY HOURS:** Please reference [carmelclayparks.com](http://carmelclayparks.com).

