

GROUP FITNESS SCHEDULE

MONDAY

5:30 a.m.	AMBER	Hustle, Muscle, and Core
5:30 a.m.	JOE	Cycle
7:30 a.m.	STEVE	Tabata
8:30 a.m.	GAE	Strictly Strength
8:30 a.m.	LYNDSEY	Cycle
8:30 a.m.	TIFFANY	Barre Fusion
9:30 a.m.	JENNY	Aqua Kickboxing and Core
9:30 a.m.	LYNDA	Slow Flow Yoga
9:30 a.m.	ALI	Zumba®
9:30 a.m.	JULIE	Cardio Strength Interval
10:30 a.m.	JENNY	Aqua HIIT
10:30 a.m.	INGRID	SilverSneakers® Classic
10:30 a.m.	EILEEN	Strictly Strength
10:30 a.m.	ELSA	Vinyasa Flow Yoga
11:30 a.m.	LAURA	SilverSneakers® Stability
11:30 a.m.	JENNY	Stretch N' Flex
11:30 a.m.	ELSA	Aqua Mix
12:00 p.m.	JULIE	Strength and Stretch
1:00 p.m.	INGRID	Zumba Gold®
4:30 p.m.	JENNY	Total Body Conditioning
5:00 p.m.	KYLEY	Step Strength
6:00 p.m.	EMMA	High Fit Low Fit
6:00 p.m.	DAVID	Cycle
7:00 p.m.	EILEEN	Slow Flow Yoga
7:00 p.m.	JAN	Zumba®

TUESDAY

5:30 a.m.	COURTNEY	Cycle
5:30 a.m.	MEGAN	Cardio Strength Interval
7:30 a.m.	EMMA	Barre Fusion
7:30 a.m.	JOY	Slow Flow Yoga
8:30 a.m.	SIMONA	Vinyasa Flow Yoga
8:30 a.m.	MIMI	Cardio Strength Interval
8:30 a.m.	JULIE	Zumba®
8:30 a.m.	COURTNEY	Cycle
9:30 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
10:30 a.m.	JILLIAN	Aqua Strength
10:30 a.m.	JOSEPHINE	SilverSneakers® Circuit
10:30 a.m.	NATALIE	Upbeat Strength
10:30 a.m.	ANDREA	Strictly Strength and Balance
11:30 a.m.	ALEXA	Gentle Yoga
12:00 p.m.	DEBBIE M	Sweat & Stretch
5:00 p.m.	ANDREA	Strictly Strength
6:00 p.m.	ANDREA	Cycle
6:00 p.m.	TAMMY	Barre Blend
6:00 p.m.	MARY	Aqua Strength
6:00 p.m.	JAELYNN	Hip Hop Dance
7:00 p.m.	MARY	Tabata Stength
7:00 p.m.	EMMA	Flex and Flow Pilates

WEDNESDAY

5:30 a.m.	CASSITY	Surge Strength
5:30 a.m.	ROB	Cycle
6:30 a.m.	DEBBIE M	Cardio Endurance
7:30 a.m.	LYNDSEY	Cardio Strength Interval
8:30 a.m.	SIMONA	Vinyasa Flow Yoga
8:30 a.m.	DEBBIE M	Step
8:30 a.m.	COURTNEY	Cycle
8:30 a.m.	TIFFANY	Barre Fusion
9:30 a.m.	JENNY	Aqua Boot Camp
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.	DEBBIE	Cardio Strength Interval
10:30 a.m.	JENNY	Aqua Strength
10:30 a.m.	ELSA	Extended Gentle Yoga
10:30 a.m.	DEBBIE H	SilverSneakers® Classic
10:30 a.m.	EILEEN	Strictly Strength
11:30 a.m.	JAN	SilverSneakers® Boom Move
11:30 a.m.	JULIE	Aqua Mix
12:00 p.m.	ELSA	Strength and Stretch
12:30 p.m.	JULIE	Athletic Stretch
5:00 p.m.	TAMMY	Strictly Strength
5:00 p.m.	ANDREA	Slow Flow Yoga
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 S.	Extended Slow Flow Yoga

THURSDAY

5:30 a.m.	COURTNEY	Cycle
5:30 a.m.	MEGAN	Cardio Strength Interval
6:30 a.m.	DEBBIE M	Strictly Strength
7:30 a.m.	JOY	Slow Flow Yoga
7:30 a.m.	SYDNEY	Barre Fusion
8:30 a.m.	SYDNEY/ALLISON	Upbeat Strength
8:30 a.m.	CHERIEKAT	Zumba®
8:30 a.m.	ANDREA	Cycle
8:30 a.m.	GAE	Mat Pilates
9:30 a.m.	ELSA	Aqua Cardio
9:30 a.m.	ALLISON	HIGH Fitness
9:30 a.m.	KAT	Slow Flow Yoga
9:30 a.m.	ANDREA	AB Lab/Pure Stretch
10:30 a.m.	ELSA	Aqua Mix
10:30 a.m.	KAT	Gentle Yoga
10:30 a.m.	ALEXA	Power Yoga
10:30 a.m.	DEBBIE	Cardio Strength Interval
11:30 a.m.	KAT	Aqua Strength
11:30 a.m.	LAURA	SilverSneakers® Stability
12:00 p.m.	DEBBIE M	Sweat & Stretch
12:30 p.m.	LAURA	SilverSneakers® Yoga
1:00 p.m.	INGRID	Zumba Gold/Zumba Toning®
5:00 p.m.	KYLEY	High Fit
6:00 p.m.	TAMMY	Barre Blend
6:00 p.m.	KRISTEN	Strictly Strength
7:00 p.m.	CHERIEKAT	Hip Hop Dance

FRIDAY

5:30 a.m.	AMBER	Cardio Strength Interval
5:30 a.m.	KIM	Cycle
6:30 a.m.	JOY	Power Yoga
7:30 a.m.	DEBBIE M	Strictly Strength
7:30 a.m.	JOY	Express Cycle
7:30 a.m.	STEVE	Tabata
8:30 a.m.	DEB H	Power Pilates
8:30 a.m.	DEBBIE M	Cardio Strength Interval
8:30 a.m.	LYNDSEY	Cycle
8:30 a.m.	EILEEN	Slow Flow Yoga
9:30 a.m.	KAT	Aqua Tabata
9:30 a.m.	JULIE	Hustle, Muscle, and Core
9:30 a.m.	CASSITY	Surge Hybrid
9:30 a.m.	JOSEPHINE	Cardio Dance
10:30 a.m.	ALI	Aqua Zumba®
10:30 a.m.	KIMI	HIGH Fitness
10:30 a.m.	JULIE W	Pure Stretch
10:30 a.m.	JOSEPHINE	SilverSneakers® Circuit
11:30 a.m.	INGRID	SilverSneakers® Classic
12:00 p.m.	ALI	Circl Mobility Express
1:00 p.m.	ALI	Zumba® Gold
5:00 p.m.	EMMA	Upbeat Strength

SATURDAY

7:30 a.m.	EMMA	Barre Fusion
8:30 a.m.	COURTNEY	Cycle
8:30 a.m.	DEB H	Step
8:30 a.m.	KRISTEN	Turbo Kick
9:30 a.m.	DEB H	Strictly Strength
9:30 a.m.	DEBBIE M	Sweat & Stretch
9:30 a.m.	KIM	Vinyasa Flow Yoga
9:30 a.m.	COURTNEY	Express Cycle
10:30 a.m.	JULIE	Zumba®
10:30 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
9:30 a.m.	KAT/KIM	Extended Slow Flow Yoga
10:30 a.m.	BRITTANY	Barre Blend
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 carmelclayparks.com

