<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>S2 5:45-6:30 Stages Cycle &amp; Sculpt Suhaad</td>
<td>S1 5:45-6:30 HardCore Ola or Teresa</td>
<td>S2 5:45-6:35 Stages Cycling Kadria</td>
<td>S1 7:00-7:50 Yoga Gina</td>
<td>S2 5:45-6:30 Stages Cycle &amp; Sculpt Kadria</td>
<td>S1 8:30-9:15 Kettlebell Workout Tricia</td>
<td>S1 9:00-9:50 Pilates Hybrid Tracey</td>
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<td>S1 7:30-8:30 Yoga Flow Bree</td>
<td>S1 7:30-8:30 Yoga Slow Flow Jody</td>
<td>SP 8:00-8:55 Aqua Splash Sheri</td>
<td>S2 6:30-6:45 Core Express Kadria</td>
<td>S2 8:30-9:15 Kettlebell Workout Tricia</td>
<td>S2 9:30-10:20 Stages Cycling Tricia or Marcia D.</td>
<td>S2 9:00-9:50 Cycles Stages Cycle &amp; Sculpt Kadria</td>
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<tr>
<td>SP 8:00-8:55 Aqua Splash Sheri</td>
<td>S1 9:00-9:50 Functional Strength Terri</td>
<td>SP 8:00-8:55 Aqua Yoga Gina</td>
<td>S1 8:00-8:50 Pilates Contrology Kadria</td>
<td>S1 9:00-10:00 Total Body Conditioning Tricia</td>
<td>S1 9:30-10:30 Zumba Alejandra</td>
<td>S1 10:00-10:50 Zumba Sharon or Travis</td>
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<tr>
<td>S1 9:00-10:00 HIIT Terri</td>
<td>LP 9:15-10:15 H2O Workout Kim Y.</td>
<td>S2 9:00-9:50 Stages Cycling Lauri</td>
<td>LP 9:15-10:15 Total Body Conditioning Tricia</td>
<td>S2 9:15-10:05 Stages Cycle BPM Marcia D.</td>
<td>S2 11:00-12:00 Yoga Core Lance</td>
<td>S1 11:00-12:00 Yoga Greg</td>
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<tr>
<td>S2 9:15-10:05 Stages Cycle &amp; Sculpt Marcia D.</td>
<td>S1 10:00-10:20 Yoga Stretch Terri</td>
<td>LP 9:15-10:15 Deep Water Workout Sheni</td>
<td>S2 9:00-10:00 Total Body Conditioning Tricia</td>
<td>S1 9:30-10:30 Zumba Alejandra</td>
<td>S1 10:00-10:50 Zumba Sharon or Travis</td>
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<tr>
<td>LP 9:15-10:15 Deep Water Workout Sheni</td>
<td>S1 10:30-11:30 Zumba Marcia B.</td>
<td>S1 9:30-10:20 HIGH Fitness Maggie</td>
<td>S1 10:30-11:20 Healthy Start Kim D.</td>
<td>S2 9:00-10:00 Total Body Conditioning Tricia</td>
<td>S1 9:30-10:30 Zumba Alejandra</td>
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<td>S1 10:30-11:30 Zumba Emi</td>
<td>S2 12:00-12:50 Stages Cycling Therese</td>
<td>S2 10:00-10:30 Sculpt Express Lauri</td>
<td>S2 11:30-12:00 Yoga Stretch Kim D.</td>
<td>S1 11:00-12:00 Yoga Core Lance</td>
<td>S2 9:15-10:05 Stages Cycle BPM Marcia D.</td>
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<td>S1 12:00-1:00 Yoga Core Erika</td>
<td>S1 12:15-1:00 Bone Builder Tricia</td>
<td>S1 10:30-11:30 Pilates Stretch Kadria</td>
<td>S2 12:00-1:00 Stages Cycle &amp; Sculpt Kadria</td>
<td>S2 10:15-10:30 Sculpt Express Marcia D.</td>
<td>S1 10:00-11:30 Yoga Core Lance</td>
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<td>S1 1:15-2:00 Chi Flow Terri</td>
<td>S1 4:15-5:05 Barre Sculpt Kadria</td>
<td>S1 12:00-1:00 Therapeutic Yoga Gina</td>
<td>S1 12:15-1:15 Bone Builder Kim D.</td>
<td>S1 10:30-11:30 Zumba Kim F</td>
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<td>S1 4:15-5:05 Functional Strength Lauri</td>
<td>S1 5:30-6:20 Evening Yoga Stacey</td>
<td>S1 4:30-5:20 Zumba Alejandra</td>
<td>S1 4:15-5:05 Cardio Sculpt Marcia B.</td>
<td>SP 11:00-11:45 Ai Chi Lee</td>
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<td>S1 5:30-6:20 Zumba Kim F.</td>
<td>S1 5:30-6:15 Stages Cycling Lauri</td>
<td>S1 5:30-6:20 Functional Strength Kadria</td>
<td>S1 5:30-6:20 Mindful Yoga Erika</td>
<td>S1 12:00-1:00 Functional Yoga Marcia M.</td>
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<td>S2 5:30-6:15 Stages Cycle &amp; Sculpt Kadria</td>
<td>LP 6:00-7:00 Endurance Swim Luis</td>
<td>S2 5:30-6:20 H2O Workout Sabrina</td>
<td>S1 12:00-1:00 Functional Yoga Erika</td>
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<tr>
<td>S2 6:15-6:30 Core Express Kadria</td>
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<td>S1 6:30-7:20 HIGH Fitness Maggie</td>
<td>S1 6:30-7:20 UJAM Fitness Brandy</td>
<td>S2 6:15-6:30 Core Express Kadria</td>
<td>*S1 4:15-5:05 HardCore Ola</td>
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**LEGEND**

S1 = Studio 1  
S2 = Cycling Studio  
SP = Small Pool  
LP = Large Pool  

**CLASS POLICIES & PROCEDURES:**

For ages 13 years of age & older. Reservations are not required; first come, first serve. Saving bikes or equipment for others is not allowed. A limited amount of mats are available for use. Please bring a personal mat, towel and water. Schedule may be modified due to holiday, seasonal demand or instructor availability.

**HOURS OF OPERATION**

SATURDAY/SUNDAY  
8:00 AM - 5:00 PM  
MONDAY - FRIDAY  
5:30 AM - 9:00 PM  
MONTEREYSPORTSCENTER.ORG  
301 E. FRANKLIN ST.  
MONTEREY  
(831)646-3730
AI CHI (Gentle, All Levels): A relaxing water exercise program that incorporates principles and movement patterns of T’ai Chi.

AQUA YOGA (Gentle, All Levels): Discover how yoga asanas can be supported with water and experience the challenge of balance in the pool.

AQUA SPLASH (Gentle, All Levels): Gently fuses cardiovascular fitness, strength, core exercises and flexibility using water resistance.

BARRE SCULPT (All Levels): Blends ballet techniques, strength training and Pilates to sculpt and tone the whole body.

BONE BUILDER (Gentle, All Levels): Incorporates gentle postural, strength, balance, flexibility and weight-bearing exercises important for building stronger bones and reducing fracture risk.

CARDIO SCULPT (All Levels): Three varied sets of strength exercises and cardio drills. Each set is repeated three times finishing with a core set and stretch.

CHI FLOW (Gentle, All Levels): Incorporates principles of T’ai Chi; a moving meditation focusing on fluid movement, breath and balance.

CORE EXPRESS (All Levels): Align, strengthen and stabilize your entire core.

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

ENDURANCE SWIM (All Levels): A coached swim workout that focuses on stroke technique. Swimming proficiency strongly advised.

EVENING YOGA (All Levels): Unwind and re-center with gentle, embodying poses and mind-quieting breath.

FUNCTIONAL STRENGTH (All Levels): Define and sculpt your body with exercises that incorporate strength, core and balance training.

FUNCTIONAL YOGA (All Levels): A yoga practice designed to maintain and improve the mind and physical body for essential daily activities.

HARDCORE (All Levels): From planks to crunches, circuits, and everything in between, high intensity core-stabilizing exercises that will make you stronger by the minute!

HEALTHY START (All Levels): Low impact aerobics, strength training, core work and stretching.

HIGH FITNESS (All Levels): Old school aerobics choreographed to modern day music!

HIIT (All Levels): Using a BOSU, step or the floor, 45-50 minutes of aerobic, HIIT (high-intensity interval training) and strength training followed by core work.

H20 WORKOUT (All Levels): A shallow water aerobic class using the water’s resistance to vary intensity.

KETTLEBELL WORKOUT (All Levels): A dynamic, full body workout that combines dynamic strength training and core exercises with a kettlebell.

MINDFUL YOGA (Gentle, All Levels): Experience expansion of your mental and physical self through asana, breath, and mind/body awareness.

PILATES CONTROLOGY (All Levels): The original 34 exercises created by Joseph Pilates, taught in their intended order.

PILATES HYBRID (Gentle, All Levels): Focusing on the core, this class develops abdominal and back strength, mobility and flexibility.

PILATES STRETCH (Gentle, All Levels): Gentle Pilates inspired mobility work designed to release & lengthen the hips and back.

SCULPT EXPRESS (All Levels): A quick and effective upper body strength and core class.

STAGES CYCLE BPM (All Levels): Feel the beat of the music in this rhythm-based ride AND explore the Stages power zone program.

STAGES CYCLE & SCULPT (All Levels): Intervals Stages power zone cycling and strength training.

STAGES CYCLING (All Levels): Explore the 7 power zones of the Stages Cycling program in this interval based cycling class.

THERAPEUTIC YOGA (Gentle, All Levels): A gentle yoga approach intended to create space in areas that are compressed, relieve tight muscles, and help induce the relaxation response in the body.

TOTAL BODY CONDITIONING (All Levels): Intervals cardio, strength and core exercises for a total body workout!

UJAM FITNESS (All Levels): A high energy cardio class that fuses urban dance with fun music for a total body workout!

YOGA (All Levels): A traditional hatha yoga practice.

YOGA CORE (All Levels): A fusion of yoga and Pilates inspired movement designed to increase core strength and mobility.

YOGA FLOW (All Levels): A vinyasa flow yoga practice.

YOGA SLOW FLOW (All Levels): Flow at a slower pace to initiate better body awareness and alignment.

YOGA STRETCH (Gentle, All Levels): Allow your body to release, recharge and recover in this yoga based stretch class.

ZUMBA (All Levels): Dance your way to a fitter you with Latin inspired moves and grooves.