5:30 a.m. Hustle, Muscle, and C	AMBER ore	
5:30 a.m. Cycle	JOY	*
7:30 a.m. Tabata	STEVE	*
8:30 a.m. Strictly Strength	GAE	4-1-
8:30 a.m. Cycle	LYNDSEY	
8:30 a.m. Barre Blend	TIFFANY	4-1
9:30 a.m. Yoga	LYNDA	(
9:30 a.m. Aqua Tabata	JENNY	
9:30 a.m. Zumba [®]	ALI	*
9:30 a.m. Cardio Strength Interr	JULIE val	
10:30 a.m. Aqua Core and More	JENNY	
10:30 a.m. SilverSneakers [®] Clas	INGRID sic	
10:30 a.m. Strictly Strength	EILEEN	4-1
10:30 a.m. Yoga	ELSA	(
11:30 a.m. SilverSneakers [®] Stab	LAURA ility	
11:30 a.m. Stretch & Flex	JENNY	(
11:30 a.m. Gentle Aqua	ELSA	
12:00 p.m. Strength and Stretch	JULIE	1 - 1
1:00 p.m. Zumba Gold®	INGRID	*
4:30 p.m. Total Body Conditionin	JENNY ng	4-1
6:00 p.m. High Low Fit	EMMA	*
	DAVID	
6:00 p.m. Cycle		
	EILEEN	(

MON	ΠΔΥ		TUES	EΠΔΥ		1
a.m. Stle, Muscle, and C	AMBER	(1 - 11)	5:30 a.m. Cycle	COURTNEY		5:30 a.m. Strictly Str
) a.m.	JOY		7:30 a.m. Yoga	JOY		5:30am Cycle
) a.m. ata	STEVE		7:30 a.m. Barre	EMMA	(I - I)	6:30 a.m. Cardio End
a.m. ctly Strength	GAE	(1 - 1-)	8:30 a.m. Yoga	SIMONA		7:30 a.m. Cardio Stre
) a.m. sle	LYNDSEY		8:30 a.m. Cardio Strength Inter	MIMI val		8:30 a.m. Yoga
) a.m. re Blend	TIFFANY	4 - 1	8:30 a.m. Zumba®	JULIE		8:30 a.m. Step
) a.m. a	LYNDA	(8:30 a.m. Cycle	COURTNEY		8:30 a.m. Cycle
) a.m. ıa Tabata	JENNY		9:30 a.m. Aqua Mix	JILLIAN		8:30 a.m. BARRE Bl
) a.m. nba [®]	ALI		9:30 a.m. Pure Stretch	ANDREA	(1)	9:30 a.m. Express C
) a.m. dio Strength Interry	JULIE /al		9:30 a.m. SilverSneakers® Circ	JOSEPHINE cuit		9:30 a.m. Strictly Str
30 a.m. la Core and More	JENNY		9:30 a.m. HIGH Fitness	NATALIE		9:30 a.m. Power Pila
30 a.m. erSneakers [®] Class	INGRID sic		10:30 a.m. Aqua Strength	JILLIAN		9:30 a.m. Aqua Boot
30 a.m. ctly Strength	EILEEN	4 - 1	10:30 a.m. SilverSneakers® Circ	JOSEPHINE cuit		9:30 a.m. HIIT Streng
30 a.m. a	ELSA	(1)	10:30 a.m. Strictly Strength and	ANDREA Balance	1 - 1	10:30 a.m. Aqua Strei
30 a.m. erSneakers [®] Stabi	LAURA ility		11:30 a.m. Beginner Yoga	GRETCHEN	(4)	10:30a Extended
30 a.m. etch & Flex	JENNY	(1)	12:00 p.m. Sweat & Stretch	DEBBIE M		10:30 a.m. SilverSnea
30 a.m. ntle Aqua	ELSA		6:00 p.m. Cycle	ANDREA		10:30 a.m. Strictly Str
00 p.m. ength and Stretch	JULIE	1 - 1	6:00 p.m. Barre Blend	TAMMY	(I - I)	11:30 a.m. SilverSnea
0 p.m. nba Gold®	INGRID		6:00 p.m. Aqua Strength	MARY		11:30 a.m. Aqua Strei
) p.m. al Body Conditionir	JENNY ng	1 - 1	7:00 p.m. Extended Yoga	GEORGIA	(1)	5:00 p.m. Strictly Str
) p.m. h Low Fit	EMMA		7:00 p.m. Zumba®	MARY		5:00 p.m. Cycle
) p.m. lle	DAVID					6:00 p.m. Pure Streto
) p.m. a	EILEEN					6:00 p.m. Cardio Str
) p.m. nba [®]	JAN					7:00 p.m. Zumba [®]

	WEDNE	SDAY	
	5:30 a.m. Strictly Strength	DEBBIE M	4-1
	5:30am Cycle	JOY	
	6:30 a.m. Cardio Endurance	DEBBIE M	*
	7:30 a.m. Cardio Strength Inter	LINDSEY val	*
	8:30 a.m. Yoga	SIMONA	(
	8:30 a.m. Step	DEBBIE M	*
	8:30 a.m. Cycle	COURTNEY	*
	8:30 a.m. BARRE Blend	TIFFANY	4-1
	9:30 a.m. Express Cycle	COURTNEY	*
	9:30 a.m. Strictly Strength	DEBBIE H	4-1
)	9:30 a.m. Power Pilates	MIMI	
	9:30 a.m. Aqua Boot Camp	JENNY	
	9:30 a.m. HIIT Strength	DEBBIE	*
	10:30 a.m. Aqua Strength	JENNY	
	10:30a Extended Gentle Yog	GRETCHEN a	(
	10:30 a.m. SilverSneakers [®] Clas	DEBBIE H	
	10:30 a.m. Strictly Strength	EILEEN	
	11:30 a.m. SilverSneakers [®] Circ	JAN uit	
	11:30 a.m. Aqua Strength	JULIE	
	5:00 p.m. Strictly Strength	TAMMY	
	5:00 p.m. Cycle	ANDREA	*
	6:00 p.m. Pure Stretch/Ab Lab	ANDREA	
	6:00 p.m. Cardio Strength Inter	TAMMY val	*
			_

(4**-**10)

5:30 a.m. Cycle	COURTNEY	
6:30 a.m. Strictly Strength	DEBBIE M	(
7:30 a.m. Barre	SYDNEY	1 - 1
8:30 a.m. Cardio Endurance	SYDNEY	*
8:30 a.m. Zumba® Toning/Circ	ALI Il Mobility	*
8:30 a.m. Cycle	ANDREA	*
8:30 a.m. Mat Pilates	GAE	
9:30 a.m. Aqua Tabata	ELSA	
9:30 a.m. HIGH Fitness	ALLISON	
9:30 a.m. Yoga	KAT	(
9:30 a.m. Express Ab Lab	ANDREA	4-1
10:30 a.m. Gentle Aqua	ELSA	
10:30 a.m. Gentle Yoga	KAT	(
10:30 a.m. Power Yoga	GEORGIA	(
10:30 a.m. HIIT Strength	DEBBIE	*
11:30 a.m. SilverSneakers® Sta	LAURA bility	
12:00 p.m. Sweat & Stretch	DEBBIE M	4-1
12:30 p.m. SilverSneakers® Yog	LAURA ga	
1:00 p.m. Zumba Gold®	INGRID	*
5:00 p.m. HiYo Fit	KYLEY	*
6:00 p.m. Barre Blend	TAMMY	4-1-
6:00 p.m. Strictly Strength	KRISTEN	4-1-
7:00 p.m. High Fit Yo Fit	KYLEY	*
7:00 p.m. Extended Yoga	ANDREA	

THURSDAY			FRI	FRIDAY			
:30 a.m. ycle	COURTNE		5:30 a.m. Cardio Strength Inte	AMBER rval	*		
:30 a.m. trictly Strength	DEBBIE M		7:30 a.m. Strictly Strength	DEBBIE M			
:30 a.m. arre	SYDNEY	1 - 1	7:30 a.m. Tabata	STEVE			
:30 a.m. ardio Endurance	SYDNEY		8:30 a.m. Aqua Mix	KAT			
:30 a.m. umba® Toning/Circ	ALI Il Mobility		8:30 a.m. Power Pilates	DEBBIE H			
:30 a.m. ycle	ANDREA		8:30 a.m. Cardio Strength Inte	DEBBIE M rval			
:30 a.m. lat Pilates	GAE	 - - -	8:30 a.m. Cycle	LYNDSEY			
:30 a.m. qua Tabata	ELSA		8:30 a.m. Yoga	GEORGIA	(
:30 a.m. IGH Fitness	ALLISON		9:30 a.m. Aqua Tabata	KAT			
:30 a.m. oga	KAT	(4)	9:30 a.m. Gentle Yoga	GRETCHEN	(
:30 a.m. xpress Ab Lab	ANDREA	1 - 1	9:30 a.m. Hustle, Muscle, and	JULIE Core	4-1-		
0:30 a.m. ientle Aqua	ELSA		9:30 a.m. Cardio Dance	JOSEPHINE	*		
0:30 a.m. entle Yoga	KAT	(10:30 a.m. HIGH Fitness	KIMI	*		
0:30 a.m. ower Yoga	GEORGIA		10:30 a.m. Aqua Zumba [®]	ALI			
0:30 a.m.	DEBBIE		10:30 a.m.	JULIE			

Pure Stretch

10:30 a.m.

11:30 a.m.

12:30 p.m.

Zumba® Gold

SilverSneakers® Classic

SATURDAY			SI	SUNDAY		
7:30 a.m. Barre	EMMA	- - -	8:30 a.m. Cycle	LYNDSEY		
8:30 a.m. Cycle	ANDREA		8:30 a.m. Gentle Yoga	KAT/KIM		
8:30 a.m. Step	DEBBIE H		9:00 a.m. Aqua Zumba®	BRITTANY		
8:30 a.m. Turbo Kick	KRISTEN		9:30 a.m. Extended Yoga	KAT/KIM		
9:30 a.m. Strictly Strength	DEBBIE H	- - -	10:30 a.m. Barre	BRITTANY		
9:30 a.m. Sweat and Stretch	DEBBIE M		11:30 a.m. Cardio Strength	LYNDSEY Interval		
9:30 a.m. Yoga	KIM	(1)				
10:30 a.m. Zumba [®]	JULIE					
10:30 a.m. Power Yoga	KIM	(

DEBBIE M

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:

10:30 a.m.

Strictly Strength

- 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.







JULIE

ELSA

Extended Yoga





JOSEPHINE

INGRID

ALI

