

# November 2023 Group Exercise Schedule at LGSRC

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores M.		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores M.	
7:00AM-8:30AM							Master Swim Nick Jufiar Large Pool
8:00AM-8:30AM			Foam Rolling Ann Weismann		Foam Rolling Ann Weismann		
8:15AM-9:15AM							Cardio Sculpt Dolores M.
8:30AM-9:30AM	Yoga Strength & Stretch Sam Cooke	Strength & Grace Stacy Dunnett	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy Dunnett	Master Swim Shelbi Oskolkoff Large Pool	Zumba Kristy Aguirre	Master Swim Shelbi Oskolkoff Large Pool		Yoga 4 All Makiko Niwa
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
10:00AM-11:00AM		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool	Water Fitness Training Pool
12:15PM-1:15PM			Group Cycle Rachel Young		Group Cycle Rachel Young		
1:15PM-1:45PM			Ab Blaster Rachel Young		Ab Blaster Rachel Young		
12:30PM-1:30PM	Group Cycle Rachel Young						
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM - 6:30PM		HIIT Me UP! Shannon Larsen	Zumba Stacy Dunnett	HIIT Me UP! Shannon Larsen	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
6:45PM-7:45PM		Yoga Strength & Stretch Lance Waldsmith		Yoga 4 All Makiko Niwa			
Legend		<span style="color: red;">■</span> Strength	<span style="color: orange;">■</span> Cycling	<span style="color: green;">■</span> Zumba	<span style="color: blue;">■</span> Aquatics	<span style="color: magenta;">■</span> Sculpt	<span style="color: purple;">■</span> Yoga