



CAÑADA COLLEGE  
**ATHLETIC CENTER**  
 Your community connection to education and fitness.

June 2023

## Group Exercise Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00-6:50a 1-203	Tabata HIIT KAREN	6:30-7:20a 1-203	Functional Strength AMAN	6:00-6:50p Cycle Studio	SPIN KAREN	8:00-8:50a 1-207	TRX KAREN	6:15-7:30a 1-203	Hatha Yoga JOHN	8:00-8:55a 1-203	BollyX ARCHANA
7:00-8:15a 1-203	Legs, Bums, and Tums KAREN	7:00-7:50a 1-207	TRX CANDI	7:30-8:20a 1-207	TRX HIIT YUE	9:00-9:50a 1-181	ZUMBA® VERONICA	7:30-8:20a Roof Top	BOOTCAMP ON THE DECK YUE	8:00-9:00a 1-208	Yoga-Fit & Fun <b>New Class**</b> John
9:00-9:50a Cycle Studio	Cycle Beats CANDI	7:30-8:20a 1-203	BollyX AMAN	8:30-9:20a 1-203	BARRE YUE	9:00-9:50 1-207	Tabata HIIT KAREN	7:30-8:20a Cycle Studio	SPIN TIM	9:00-9:50a Cycle Studio	SPIN ANNE
8:45-9:35a 1-203	Total Body Pilates LAURA	9:45-10:45a Roof Top	Pickleball Adv./Beginners EDWARD	9:00-9:50a 1-208	Vinyassa Yoga SHERYL	9:45-10:45a Roof Top	Pickleball Adv./Beginners EDWARD	8:30-9:20a 1-203	BARRE YUE	10:00-10:50a 1-203	U-JAM Fitness MARIANNE
8:45-9:35a 1-207	BOOTCAMP YUE	9:30-10:45a 1-208	Power Flow ELLEN	9:00-9:50a 1-207	Legs, Bums, and Tums KAREN	9:30-10:45a 1-208	Power Flow ELLEN	10:30-11:20a 1-207	Power Fitness JACOB	12:15-1:05p 1-207	TRX KENDRA
10:30-11:20a 1-207	Power Fitness JACOB	10:00-10:50a 1-207	TRX KARI	10:00-10:50a 1-203	Zumba Gold® LAURIE	11:00-11:50a Pool	Aqua Strength & Fitness ELLEN	11:30-12:20p 1-207	Deep Recovery JACOB		
11:15-12:05p 1-203	ZUMBA® CANDI	11:00-11:50a Pool	Aqua Fit ELLEN	10:30-11:20a 1-207	Power Fitness JACOB	11:15-12:15p Roof Top	Pickleball Intermediate EDWARD	11:00-11:50a 1-203	LaBlast® SANDY	<b>Sunday</b>	
12:00-1:00p Pool	Party in The Pool RED	11:15-12:15p Roof Top	Pickleball Intermediate EDWARD	11:30-12:20p 1-207	Deep Recovery JACOB	11:15-12:05p 1-203	Total Body Pilates LAURA	12:00-12:50p Roof Top	TRX HIIT YUE		
12:15-1:05p Roof Top	TRX CANDI	11:30-12:20p 1-203	Balance & Power STERLING	11:00-11:50p 1-203	Yogalattes <b>New Class***</b> ELLEN	12:15-1:05p 1-203	Cardio Dance QiGong JOHN	12:00-1:00p Pool	Aqua Fit LIAM	8:00-8:50a 1-203	BollyX AMAN
4:00-4:50p 1-208	Yoga Foundation KIRSTEN	12:15-1:05p Roof Top	TRX CANDI	12:00-1:00p Pool	Party In The Pool RED	12:15-1:05p Roof Top	TRX CANDI	12:30-1:20p 1-203	Barrlates MONIQUE	9:00-10:15a 1-203	YIN YANG NANCY
5:00-6:00p 1-207	TRX CANDI	12:30-1:20p 1-203	Total Body Pilates LAURA	4:45-6:00p 1-208	Yoga Power Flow ELLEN	5:30-6:20p Roof Top	Power Fitness JACOB	5:00-5:50p 1-208	TGIF Yoga Flow KIRSTEN	10:30-11:20a 1-203	Healthy Back NANCY
5:00-5:50p Roof Top	Tabata HIIT KAREN	5:30-6:20p Roof Top	Power Fitness JACOB	5:00-5:50p Roof Top	Tabata HIIT KAREN	5:30-6:20p Cycle Studio	SPIN JAY	5:30-6:20p 1-203	DanceMix YUKO	10:00-10:50a Cycle Studio	SPIN MARY ANN
5:30-6:45p 1-181	ZUMBA® VERONICA	5:30-6:20p Cycle Studio	SPIN JAY	5:30-6:20p 1-181	ZUMBA® VERONICA	4:45-6:00p 1-208	Power Flow ELLEN	6:30-7:20p 1-203	Vinyassa Yoga <b>New Class***</b> YUKO	9:00-10:00a Roof Top	Pickleball 101 PETER
		6:00-6:50p 1-207	Stretch & Restore VY	5:30-6:20p Cycle Studio	Cycle Beats CANDI	5:30-6:20p 1-207	Bodyweight Burn GREY			10:15-11:15a Roof Top	Pickleball Adv./Beginners PETER
		6:00-6:50p 1-181	GROOV3 YUKO	6:30-7:20p 1-207	TRX CANDI	6:00-6:50p 1-181	ZUMBA® <b>New Class***</b> John			11:30-12:30p Roof Top	Pickleball Intermediate PETER
		6:30-7:30p Pool	Party in the Pool RED			6:30-7:20p Pool	Party in the Pool RED				
		7:00-7:50p	Yoga With VY								

**\*\*\*New class. Reservations required for all classes. To reserve, visit [comfit.canadacollege.edu](http://comfit.canadacollege.edu).**

**Questions? Contact Group Exercise Coordinator Candi Cabrera at [cabrerac@smccd.edu](mailto:cabrerac@smccd.edu).**