

AMBERLY GROUP FITNESS SCHEDULE - February 2022

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
6:30 AM	FACILITY CLOSED						FACILITY CLOSED	
7:15 AM								
8:00 AM	Basketball Club				Yoga Stephen	Yoga Stephen	Gym open until 9 am	
8:30 AM							Samporna Holistic Yoga/ Preeti	
9:00 AM				Kickbox Judy		CardioCore Judy		Circuit Alli
9:30 AM	Cardio Combo Jenn		Yoga Terri	Cardio Dance Jenn	Core & More Jenn	Cardio Combo Jenn	Strength & Balance Jenn	
10:00 AM	Badminton Club						Zumba Jessica C.	All Sports Clinic 5-8 yr olds (registration & fee)
10:30 AM			Yoga/Stef					
11:00 AM							All Sports Clinic 9-12 yr olds (registration & fee)	
12:00 PM	Pickleball 12-2 PM	Pickleball 12-2 PM	11:45am Power UP/Stef *also on zoom	Pickleball 12-2 PM		Pickleball 12-2 PM	Pickleball 12-2 PM	Gym open unless there is a rental 1:00 - 8:50 pm
4:00 PM								
4:30 PM		Teen Sport Conditioning Monique 45 min.				Soccer Shots ages 3-5 (fee)		
4:45 PM								
5:00 PM						Soccer Shots ages 3-5 (fee)		
5:30 PM		Cardio Strength w/ Monique		Boot Camp Monique	Holistic Yoga Preeti		Badminton	
5:45 PM						Boot Camp Monique		
6:00 PM					HITT / Alli			
6:30 PM		Zumba Gisela		6:30-7:30 Zumba Gisela			Teen & Beginner Volleyball	
6:45 PM					Zumba/Jessica C.	Zumba Jessica		
7:00 PM							Adult Volleyball Club	
7:45 PM	FACILITY CLOSED			Adult Volleyball Club	Badminton Club			
Instructor	Class	Zoom ID	Passcode	Instructor	Class	Zoom ID	Passcode	COLOR CODING GUIDE
Stef	Power Up!	940 5678 4376	19763	Judy	Kbox/Cardio	389 894 927	JudyCardio	Virtual class
Jessica	Wed. Zumba	876 8143 7640	Dance	Stephen	Yoga class	265 486 548	Amberly	In Person Class or Club
Jessica	Sat. Zumba	884 5262 6748	Dance	Gisela	Tues Zumba	841 6231 9709	ZumbaBlast	