SUNOAKS

November Group Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO A / GROUP FITNESS							
5:15am	Group Power Delaney		Group Power Delaney		Group Centergy Jenny		
8:15am	Group Centergy Sarah	Group Active Briauna	Group Centergy Sarah	Group Active Briauna	Group Centergy Tiffany	Group Active Janel	
9:30am	Group Blast Bailey	Group Power Sarah	Group Blast Kama	Group Power Sarah		Group Power Bailey	Group Power Chris
10:45am	Group Power Kama	Group Active Kama	Group Power Kama	Group Active Kama		Group Blast Bailey	Group Centergy Tiffany
12:00pm	Group Centergy Kama	Power / 12:30pm Centergy Deborah · 30 min each	Group Centergy Kama	Power / 12:30pm Centergy Deborah · 30 min each	Group Centergy Tiffany		
3:15pm	Group Pilates Robin		Group Pilates Robin				
4:45pm	Group Active Janel	Group Power Chris	Group Active Janel	Group Power Chris			
6:00pm	Group Power Christina	Group Centergy Tiffany	Group Power Christina	Group Centergy Tiffany			
STUDIO C / CYCLING							
5:15am		Group Ride Delaney		Group Ride Delaney			
7:30am		R30 Deborah		R30 Deborah			
8:30am	R30 Deborah		R30 Deborah		R30 Ashley	Group Ride · 8:15am Hailey	Group Ride · 8:15am David/Delaney
5:45pm		R30 Laura		R30 Laura			
AQUA							
8:00am	Aqua Briauna		Aqua Nicole		Aqua Wendy		
GYM / SENIORS							
7:00am		ChairFit SaraS		ChairFit Sara S			
9:00am	ChairFit Jamie B		ChairFit Jamie B		ChairFit Wendy P		
10:00am	HeartFit Jessica		HeartFit Jessica				
10:30am		StrongFit Diego		StrongFit Diego	Chair Yoga Michelle		
UPSTAIRS STUDIO							
6:30am		Group Pilates Ariell		Group Pilates Ariell			
8:00am		Group Yoga Michelle		Group Yoga Michelle			
9:15am	Group Pilates Robyn	Group Barre Tiffany	Group Pilates Robyn	Group Barre Tiffany	Group Pilates Robyn	Group Pilates Robyn	
10:30am	Group Yoga Jamie B	Pilates Stretch Tiffany	Group Yoga Jamie B	Pilates Stretch Tiffany	Group Yoga Viktoria	Group Yoga Viktoria	
11:45am	Group Barre Tiffany		Group Barre Tiffany				
4:30pm	Group Pilates Robyn		Group Pilates Robyn				
5:45pm	Group Yoga Kathy		Group Yoga Kathy	Pilates Stretch Robyn			
COURTS							
9:00am						Group Pickleball	
10:00am						Group Tennis	
7:30pm			Group Tennis				

NOVEMBER NEWS

Holiday schedule

No classes after 1pm Wed 11/25 through Sun 11/29.

NEW CLASS

Group Pilates · Tue/Thu 6:30am

Class Descriptions

GROUP POWER

Group Power is a full-body strength training hour that makes you muscle strong and movement strong! Using an adjustable barbell, plates, and your body weight, you'll experience traditional exercises from the weight room, plus three-dimensional, integrated movement training.

GROUP ACTIVE

Group Active is a comprehensive workout for all movers, and for movers who want it all – cardio on a step, strength, balance, and mobility, all in 60 minutes. Adjustable dumbbells and a customizable step make Group Active ideal for new and life-long exercisers,

GROUP BLAST

Group Blast delivers on all of your cardio and coordination needs, on, off, and all around an adjustable step. You'll walk, jog, run, and jump, plus conquer balance drills, lateral drills, and quickness drills to exciting, energetic music.

GROUP CENTERGY

Improve balance, mobility, and flexibility with a lengthening, strengthening hour of Group Centergy. An emotive playlist will inspire you to move through Pilates and yoga-inspired movements, aimed at reinvigorating your mind and body, while building transitional strength and stability.

R30

Cardio health might be as easy as riding a bike, and in just 30 minutes, R30's inspiring music will have you racing, climbing, and coasting, as you build endurance and lower-body strength.

GROUP RIDE

Hit the road in Group Ride, a fantastic way to improve your cardio fitness, burn calories, and shape and strengthen your lower body. An inspiring soundtrack will be the wind at your back, as you roll over hills, conquer mountains, and fly through flats, and you control the intensity, making this a perfect path for new exercisers or avid cyclists!

Aqua

Come enjoy this exciting workout that combines cardiovascular training with muscle toning techniques in the welcoming environment of the pool! Great music and fantastic teachers make anyone, of any age ready to dive right in. Enjoy not only the buoyancy of the water, but the enthusiasm as a group as a whole.

Senior FITness

A welcoming mix of ChairFit, ChairYoga, HeartFit, and StrongFit classes designed to build strength, mobility, balance, and confidence. Options range from chair-supported movement to heart-healthy cardio and full-body functional training.

Group Yoga

You deserve to enjoy yoga! Yoga has something to offer everyone, and it's accessible to all. Our friendly teachers are here to create an experience that meets you where you are, making it a great fit for your journey. Each class has a distinct flow that reflects the teacher's personality. For those who need more support, we offer Chair Yoga on Fridays at 10:15am.

Pilates Stretch

Designed to strengthen, stretch, and balance the body while focusing on core engagement and controlled movements. Unlike high-intensity workouts, this class prioritizes precision, alignment, and mindful execution. It's a perfect for individuals seeking a balanced approach to fitness that emphasizes strength and flexibility. For all levels.

Group Barre

Group Barre uses small, high-repetition, low-impact movements inspired by ballet, Pilates, and yoga to build strength and tone muscles. Everyone is welcome—no dance experience required! Enjoy the fun of movement!

Group Pilates

An energizing Pilates flow designed to activate the entire body from head to toe, building strength, balance, stability, and seamless control through purposeful movement and breath. For all levels.

Group Tennis

Group Tennis is a no-cost beginners tennis clinic for members to learn how to play, get their steps in, and meet people that they can play the sport with. Our incredible coaches will teach you the basics of swinging of a swinging a tennis racquet before you even have to swing a ball. Or, if you have a little experience you can jump right into the games and drills! Group tennis is every Wednesday at 7:30pm and Saturday at 10:00am on the indoor tennis courts.