

# Group Exercise Class Schedule



**EVOLUTIONS**  
Fitness & Wellness Center

A Division of Tulare Regional Medical Center

\*Class requires you to sign up at the front desk

\*\* Free Demo class for the month of March

**Class times & formats are subject to change**

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	A	Quadra Step	Low Impact	R.I.P.P.E.D.	Low Impact	Interval Extreme		
	B	Cycling	Box & Bag	Cycling	Shift N Lift	Cycling		
	C		Sunrise Yoga					
5:30 am	C							
	Pool	Advanced Aqua Circuit		Aqua Run & Walk		Deep Water Aqua		
6:00 am	B							
7:00 am	Pool		Aqua Fitness		Aqua Fitness	Aqua Fitness		
8:30 am	A	R.I.P.P.E.D.	Rep Reebok	Interval Extreme	Rep Reebok	Team R.I.P.P.E.D		
	B	Pump & Punch	Cycling	Shift N Lift	Cycling	Cycling		
	C	Pilates	Yogilates	Pilates	Yogilates	90 Min. yoga	** MVe FREE Demo	
9:00 am	Pool	Aqua Fitness	Aqua Circuit	Deep Water Aqua	Aqua Circuit	Deep Water Aqua	Aqua Fitness	
9:30 am	A	Interval	Zumba 101	Low Impact	Zumba	Low Impact	Interval Extreme	
	B	Cycling	Intense Training	Cycling	Intense Training	Bikini Box		
	C			Abs Express	**MVe FREE DEMO			
10:00 am	Pool							
10:30 am	A	Balance & Coordination*	Balance & Coordination*	Balance & Coordination*	Balance & Coordination*	H.A.B.I.T.		
	B						Cycling	
	C						Pilates	
11:00 am	Pool		Aqua Fitness		Aqua Fitness			
12:00 pm	B							
12:30 pm	A							
2:00 pm								Cycling
4:30 pm	A	Core Challenge 3/1-4/5 (4:45-5:15)	Interval Extreme	Core Challenge 3/1-4/5 (4:45-5:15)	Interval Extreme			
	B	Shift N Lift	Cycling	Box & Bag	Shift N Lift			
5:00 pm	A							
5:30 pm	A	Interval Extreme	Cardio Dance Jam	R.I.P.P.E.D.	Zumba			
	B	Cycling	Box & Bag	Cycling	Pump & Punch	Cycling		
	C	Yoga	Pilates	90 Minute Yoga	Pilates			
	Pool	Deep Water Aqua	Parents & Pipsqueaks	Deep Water Aqua	Parents & Pipsqueaks			
6:30 pm	A	Zumba	Strength N Sculpt	Zumba	Strength & Sculpt			
	B	Box & Bag		Intense Training				
	C	Pilates	**MVe Free Demo					
7:30 pm	B							