

Group Fitness Schedule

Effective November 2 – December 31, 2020



KINETIC™

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
X FIT 6:15a-7:15a Brett	HIIT 6:15a-7:15a Elijah	X FIT 6:15a-7:15a Brett	HIIT 6:15a-7:15a Elijah	X FIT 6:15a-7:15a Brett	Power Hour 8:30a-9:30a Sareena/Sarah B
Power Cycle 11:30a-12:15p Karen	Boot Camp 11:30a-12:15p Elijah	Power Cycle 11:30a-12:15p Karen	HIIT 11:30a-12:15p Sarah B	Boot Camp 11:30a-12:15p Elijah	RESERVATIONS ARE REQUIRED FOR ALL CLASSES Please visit flex.plusone.com to schedule your reservation.
Pilates Fusion* 12:30-1:15p Sarah B.	Power Flow Yoga 11:30a- 12:15p Nicole	Pilates Fusion* 12:30-1:15p Sarah B.	Cycle 12:30-1:15p Christine	Barre* 12:20-1:05p Sareena	
Pure Strength* 12:20p-1:05p Sareena	Cycle 12:30-1:15p Christine	Boot Camp 12:20p-1:05p Brett	Power Flow Yoga* 5:15p- 6:00p Nicole	Express Cycle 12:30-1:00p Karen	
HIIT 5:15p- 6:00p Sarah B/Karen	X FIT 5:15p- 6:00p Karen	HIIT 5:15p- 6:00p Sarah B/Karen	Cycle 5:15p- 6:00p Alex		

The Commons
 Yoga Studio

*NEW class

Group Class Guidelines

- Depending on the classtype, space may be limited.
- Should you need to leave the classroom, please tell the instructor by raising your hand or making eye contact — this will let the instructor know that you're feeling fine. If you're not feeling well, please sit down to alert the instructor; this will also put you in the best position for recovery.
- Be considerate of other members' exercise space.
- Classes and instructors are subject to change without notice.
- Please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it's your first time in class. If you're pregnant or have other medical issues that may affect your workout, please inform the instructor before the class begins.
- Taking pictures is prohibited.
- Please dress in appropriate workout attire.
- Personal fragrances should be kept to a minimum.
- **MASKS ARE REQUIRED** for all indoor classes and for outdoor classes when participants cannot maintain six feet apart.