



# GROUP EXERCISE SCHEDULE - FEBRUARY 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Step Mercy	BOSU/Step Dana	Cardio Sculpt Jean A.	Step & Sculpt Dana	Zumba Tristen		
7:10am	Standing Pilates Elaine		Mixed Level Pilates Elaine		Intermediate Pilates Elaine	(7:05am) Step & Sculpt Dana	
8:20am	Dance-Choreo Jazon	Cardio Dance Hilary	BollyX Kelly	Intermediate Tap Judy	Dance-Choreo Hilary	(8:30am) Zumba Nicole	(8:15am) BollyX Kelly
9:30am	Firm Jeff	Pilates*** (45 min) Anna	Firm Jeff	Jazz Tami	Firm (9:35am) Jeff	(9:45am) Tap Trisha	
10:40am		Advance Tap Judy	Dance-Choreo Hilary**		Beginning Tap Trisha	*Studio In Use Private Dance Rental 1:00pm-3:00pm	
Noon	Cardio Sculpt Jean A.	Circuit Training Diane		Standing Pilates Elaine	Circuit Training Diane	<b>Club Hours &amp; Contact Information</b> Monday-Thursday: 5:15am-9:00pm Friday: 5:15am-8:00pm Saturday & Sunday: 7:00am-6:00pm  Childcare Available Mon, Wed & Fri: 8:15am-11:00am  Class Schedule Line: 650-327-1401 Front Desk: 650-327-3224	
3:30pm							
5:45pm	Zumba Nicole	Yoga Flex & Flow Mari	Tap (5:30pm) Darlene	Yoga Ease Mari			
7:00pm	*Studio In Use Dini Kung Fu 7-8:30pm		*Studio In Use Intermediate Tap w/ Darlene 6:15-7:15pm	*Studio In Use Dini Kung Fu 7-8:30pm			

## MONTHLY NEWS

\*\* Dance Choreo with Hilary will not be held every Wednesday. See sub board in club for monthly changes.  
 \*\*\*Pilates with Anna is only 45 minutes.