



# GROUP EXERCISE SCHEDULE - MAY 2018

|         | MONDAY                                     | TUESDAY                       | WEDNESDAY  | THURSDAY                                   | FRIDAY                     | SATURDAY   | SUNDAY                   |
|---------|--|-------------------------------|--|--|----------------------------|--|--------------------------|
| 6:00am  | Step** (5:50am)<br>Mercy                   | BOSU/Step<br>Dana             | Cardio Sculpt<br>Jean A.                                     | Step & Sculpt<br>Dana                      | Zumba<br>Tristen           |  |                          |
| 7:10am  |  |                               | Standing Pilates<br>Elaine                                   | (7:10am) Mixed Level Pilates<br>Elaine     | Standing Pilates<br>Elaine | (7:05am) Step & Sculpt<br>Dana   |                          |
| 8:20am  | Dance-Choreo<br>Jazon                      | Cardio Dance<br>Hilary        | BollyX<br>Kelly  | Advanced Tap Review<br>Trish               | Dance-Choreo<br>Hilary     | (8:30am) Zumba****<br>Tristen  | (8:30am) BollyX<br>Kelly |
| 9:30am  | Firm ***<br>Jeff                           | Mixed Level Pilates<br>Elaine | Firm***<br>Jeff  | Jazz<br>Tami                               | Firm ***(9:35am)<br>Jeff   | (9:45am) Tap<br>Trish  |                          |
| 10:40am | Hip-Hop Cardio Workshop<br>JD              | Advance Tap<br>Judy           | Dance-Choreo<br>Hilary                                       |  | Beginning Tap<br>Trish     | *Studio In Use<br>Private Dance Rental<br>1:00pm-3:00pm  |                          |
| Noon    | Cardio Sculpt<br>Jean A.                   | Circuit Training<br>Diane     | Hip-Hop Choreo Workshop<br>JD                                | Pilates<br>Anna                            | Circuit Training<br>Diane  | <b>Club Hours &amp; Contact Information</b><br>Monday-Thursday: 5:15am-9:00pm<br>Friday: 5:15am-8:00pm<br>Saturday & Sunday: 7:00am-6:00pm<br><br>Childcare Available<br>Mon, Wed & Fri: 8:15am-11:00am<br><br>Class Schedule Line: 650-327-1401<br>Front Desk: 650-327-3224 |                          |
| 3:30pm  |  |                               |  |  |                            |  |                          |
| 5:45pm  | Firm (5:30pm)<br>Jeff                      | Yoga Flex & Flow<br>Mari      | Tap (5:00pm)<br>Darlene                                      |  |                            |  |                          |
| 7:00pm  | *Studio In Use<br>Dini Kung Fu<br>7-8:30pm |                               | *Studio In Use<br>Intermediate Tap w/ Darlene<br>6:15-7:15pm | *Studio In Use<br>Dini Kung Fu<br>7-8:30pm |                            |  |                          |

## MONTHLY NEWS

\*Step with Mercy is only 45 minutes. \*Firm with Jeff has limited space. \*Saturday Zumba will only be held on Sat. May 5th and May 19th.  
Reach will be Closed Monday, May 28th for Memorial Day