



Group Exercise Schedule

As of August 1, 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle & Abs Rudy	Core Yoga Pamela	Cycle & Abs Dawn	Core Yoga Pamela	Cycle & Abs Rudy		
8:30 AM			Cycle & Abs Rudy	Cardio Kick & Sculpt Robert		Cycle & Abs Rudy	Cycle & Abs Dawn
9:30 AM	Precision Barre* Marika	Core Yoga Pamela	Pilates Mat Bobbi	Core Yoga Pamela	Pilates Mat Bobbi	Precision Barre* Marika	Cycle & Abs Alexandra
11:00 AM	10:30 AM				Strength & Toning Alexandra		
	Hoop Yoga Robert						
Afternoon Classes					Class Price List		
12:00 PM	Strength & Stability Brent		Strength & Stability Brent	Posture & Alignment Stretching Tari	Member Classes Drop-In \$13.00 Package (12) \$132.00		
4:00 PM					Non-Member Classes Drop-In \$19.00 Package (12) \$204.00		
5:00 PM		Cycle & Abs Rudy		Cycle & Abs Alexandra	Member *Marika's Barre Drop-In \$21.00 Package (12) \$228.00		
					Non-Member *Marika's Barre Drop-In \$26.00 Package (12) \$288		

Call to Reserve Your Class!

24 Hour Cancellation Policy

Call the Fitness Center 415 789 7900 Ext. 117