



# Group Exercise Schedule

As of September 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	<b>Cycle &amp; Abs</b> Rudy	<b>Core Yoga</b> Pamela	<b>Cycle &amp; Abs</b> Dawn	<b>Core Yoga</b> Pamela	<b>Cycle &amp; Abs</b> Rudy		
7:00 AM			<b>Flow Fusion</b> Dawn				
8:30 AM	<b>Hoop Yoga</b> <b>Fitness</b> Robert	<b>Cardio Kick</b> <b>&amp; Sculpt</b> Florence	<b>Cycle &amp; Abs</b> Rudy	<b>Cardio Kick</b> <b>&amp; Sculpt</b> Florence	<b>Cardio Core</b> <b>Performance</b> Brent	<b>Cycle &amp; Abs</b> Rudy	<b>Cycle &amp; Abs</b> Dawn
9:30 AM	<b>Precision Barre*</b> Marika	<b>Core Yoga</b> Pamela	<b>Pilates Mat</b> Bobbi	<b>Core Yoga</b> Pamela	<b>Pilates Mat</b> Bobbi	<b>Precision Barre*</b> Marika	<b>Cycle &amp; Abs</b> Alexandra
11:00 AM			<b>Adult Recess</b> Florence		<b>Strength</b> <b>&amp; Toning</b> Alexandra		
12:00 PM	<b>Strength</b> <b>&amp; Stability</b> Brent		<b>Strength</b> <b>&amp; Stability</b> Brent	<b>Posture &amp; Alignment</b> <b>Stretching</b> Tari	<b>Member Classes</b> Drop-In \$13.00 Package (12) \$132.00		
5:00 PM		<b>Cycle &amp; Abs</b> Rudy		<b>Cycle &amp; Abs</b> Alexandra	<b>Non-Member Classes</b> Drop-In \$19.00 Package (12) \$204.00		
	<b>Call to Reserve Your Class!</b> <b>Fitness Center 415.789.7900 Ext. 117</b>  <b>24 hour Cancellation Policy</b>				<b>Member *Marika's Barre</b> Drop-In \$21.00 Package (12) \$228.00		
					<b>Non-Member *Marika's Barre</b> Drop-In \$26.00 Package (12) \$288		

Please see our new classes hi-lited in Yellow