

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Core Strength Rosie		8:00-9:00am Core Strength Rosie		8:00-9:00am Core Strength Rosie		
4:00-5:15pm Senior Strength Diane		4:00-5:15pm Senior Strength Diane				
5:30-6:30pm Strength Training Sally			5:30-6:30pm Strength Training Sally			



# GROUP CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am Cycle Efren		6:00-7:00am Cycle Sally			
					8:15-9:15am Cycle Kaylin	
9:15-10:30am Spin & Shape Erin	9:15-10:30am Cycle & Abs Erin	9:15-10:30am Spin & Shape Erin	9:15-10:15am Cycle Jamie	10:30-11:30am Cycle David		9:30-10:30am Cycle Diane
6:30-7:30pm Cycle Sally	5:30-6:30pm Cycle Circuit Sally	6:30-7:45pm Spinterval David				



## CYCLE POLICIES

- ~ RESERVATIONS: You may reserve one day in advance (415.459.8668)
- ~ CANCELLATIONS: Call to cancel as soon as possible.
- ~ LATE ARRIVALS: If you are late, you will forfeit your bike.

# YOGA & PILATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:30-10:45am Yoga Beth	
			10:15-11:15am Yoga/Pilates Combo Ashley			10:30-11:45am Scotty's Pilates Diane
	6:30-8:00pm Yoga TBA	5:30-6:30pm Scotty's Pilates Diane	6:30-8:00pm Yoga Ashley			



**CLUB HOURS:** Mon-Fri 5:30am-10:00pm / Sat & Sun 8:00am-6:00pm