

SAN DIEGO TENNIS & RACQUET CLUB

GROUP FITNESS

Class Schedule

Updated February 15, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>YOGA 9:30-11am w/Abbyann</p> <p>* Cycle Fit * 12:00- 12:45pm Tim</p>	<p>*Cycle Fit* 6:30-7:45 Karen/ Catharina</p> <p>*Cycle Fit* 8:15-9:00 w/Diane Total Body Conditioning 9:15-10:00 Stretch 10:00-10:30 w/Diane</p> <p>Pilates 10:30-11:30 w/Dian</p> <p>Aqua 10:15-11:15 w/Catharina</p>	<p>*Cycle Fit * 8:00-8:45 w/David or Jennifer</p> <p>Body Sculpt 9:00-9:45 w/Shanna</p> <p>YOGA 10:00-11:30am w/Lorraine</p>	<p>*Cycle Fit* Spi-Lates 6:30-7:45 w/Don</p> <p>*Cycle Fit* 8:15-9:00 w/Diane Body Sculpt 9:15-10:00 Stretch 10:00-10:30 w/Diane</p> <p>Pilates 10:30-11:30 w/Julie</p> <p>Aqua 10:15-11:15 w/Catharina</p>	<p>*Cycle Fit* Spin 45 and Pilates Mat 30 6:30-7:45 w/Don</p> <p>YOGA 9:15-10:45 w/Royal</p> <p>*Cycle Fit* 11:00-11:45 w/Diane</p>	<p>*Cycle Fit Plus* Abs & Stretch 8:00-9:15 w/Serena or Karen</p> <p>Cardio & Total Body Sculpt 9:30-11:00 w/Shanna or Serena</p> <p>Pilates *Core & More 11:00-12:00 w/Don</p>
<p>Monday</p> <p>YOGA 5:30-7:00pm w/Jennifer</p>	<p>Tuesday</p> <p>*Cycle Fit * 5:30-6:15 w/Don Pilates *Core & More 6:30-7:15 w/Don</p>	<p>Wednesday</p> <p>YOGA 5:30-7:00 w/Beth</p>	<p>Thursday</p> <p>!NEW! Pilates w/Dian 5:45-6:30pm</p>	<p>Friday</p> <p>*= denotes class fee</p>	<p><u>Sunday</u></p> <p>YOGA 9:30-11:00am w/Hanna or Beth</p>

Class Schedules Subject to Change

***Cycle Fit Class Fee prices:**

One Month Unlimited: \$15.00 Member Drop-In: \$10.00 per class

Non-Member Drop-In: \$15.00 per class

A monthly pass allows unlimited participation in any Cycle Fit class for that month.

Passes are non-transferable and not pro-rated.

For more information contact

Fitness Director, Dian Ramirez @(619) 275-3270 or dramirez@sdtrc.com