

SAN DIEGO TENNIS & RACQUET CLUB

GROUP FITNESS

Class Schedule

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>!NEW! Yoga for Athletes 6:45-8:00 w/Karen</p> <p>YOGA 9:30-11am w/Abbyann</p> <p>ZUMBA 11:30-12:30 w/Shanna</p>	<p>*Cycle Fit* 6:30-7:45 w/Karen or Catharina</p> <p>*Cycle Fit* 8:15-9:00 Total Body Conditioning 9:15-10:00 Stretch 10:00-10:30 w/Diane</p> <p>PILATES 10:30-11:15 w/Dian</p> <p>Aqua 10:15-11:15 w/Catharina</p>	<p>New Time Yoga for Athletes 6:45-8:00 w/Karen</p> <p>*Cycle Fit* 8:00-8:45 w/David or Jennifer</p> <p>Body Sculpt 9:00-9:45 w/Shanna</p> <p>New Time YOGA 10:30-12:00 w/Lorraine</p>	<p>*Cycle Fit* Core & More 6:30-7:45 w/Don</p> <p>*Cycle Fit* 8:15-9:00 Body Sculpt 9:15-10:00 Stretch 10:00-10:30 w/Diane</p> <p>ZUMBA 10:30-11:30 w/Shanna</p> <p>Aqua 10:15-11:15 w/Catharina</p>	<p>*Cycle Fit* Core & More 6:30-7:45 w/Don</p> <p>New Time YOGA 9:30-11:00 w/Beth</p> <p>ZUMBA 11:30-12:30 w/Shanna</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 PILATES 6:30-7:15 w/Don</p>	<p>Wednesday</p> <p>YOGA 5:30-7:00 w/Beth</p>	<p>Thursday</p> <p>PILATES 5:45-6:30pm w/Dian</p>	<p>Friday</p> <p>* = fee Non Member Drop In: \$15.00 per class</p> <p>Cycle Fit classes \$15.00 per month</p> <p>Classes Subject to Change</p>	<p>Sunday</p> <p>YOGA 9:30-11:00am w/Hanna or Beth</p>

For more information contact:

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