

SAN DIEGO TENNIS & RACQUET CLUB

GROUP FITNESS Class Schedule February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA 9:30-11 W/ABBYANN ZUMBA 11:30-12:30 W/SHANNA	TOTAL BODY CONDITIONING 9:15-10:00 STRETCH 10:00-10:30 W/DIANE PILATES 10:30-11:45 W/DIAN AQUA 10:15-11:15 W/CATHARINA	*CYCLE FIT* <i>CORE & MORE</i> 6:30-7:45 W/KAREN BODY SCULPT 9:00-9:45 W/SHANNA YOGA 10:30-12:00 W/LORRAINE	BODY SCULPT 9:15-10:00 STRETCH 10:00-10:30 W/DIANE ZUMBA 10:30-11:30 W/SHANNA AQUA 10:15-11:15 W/CATHARINA	*CYCLE FIT* <i>CORE & MORE</i> 6:30-7:45 W/DON YOGA 9:30-11:00 W/BETH ZUMBA 11:30-12:30 W/SHANNA	*CYCLE FIT PLUS* <i>ABS & STRETCH</i> 8:00-9:15 W/KAREN OR SERENA CARDIO & TOTAL BODY SCULPT 9:30-11:00 W/DIANE OR SERENA FLOW YOGA 11:00-12:15 W/JENNA
MONDAY ZUMBA 5:30-6:30 W/ WENDY	TUESDAY *CYCLE FIT * 5:30-6:15 PILATES 6:30-7:15 W/DON	WEDNESDAY YOGA 5:30-7:00 W/BETH	THURSDAY PILATES 5:45-6:30 W/DON FLOWYOGA 6:30-8:00 W/JENNA	FRIDAY *= FEE NON MEMBER DROP IN: \$15.00 PER CLASS CYCLE FIT CLASSES \$15.00 PER MONTH CLASSES SUBJECT TO CHANGE	SUNDAY YOGA 9:30-11:00 W/HANNA

For more information contact:
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