

GYM HOURS

M-F: 5:00AM - 11:00PM
 SAT: 7:00AM - 7:00 PM
 SUN: 8:00AM - 6:00 PM



FITNESS

JUNGLE GYM HOURS

M-F: 8AM - 8PM
 SAT: 9AM - 12PM

CLASS LEVELS

- 1 - BEG.
- 2 - INTERMEDIATE
- 3 - ADVANCED

JANUARY CLASS SCHEDULE

530-751-1818

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY ROTATION
5:30AM	1-2 <u>BASIC TRAINING</u> PAULINE	IT'S	1-2 <u>BASIC TRAINING</u> BETH	A	1-2 <u>BASIC TRAINING</u> PAULINE	SATURDAY CLASSES AT 9:00 AM
9:00AM	2-3 <u>CARDIO SCULPT</u> DARLA	2 <u>BASIC TRAINING</u> BETH	1-2 <u>DANCE AEROBICS</u> LISA	2-3 <u>TONING & PLYOMETRICS</u> APRIL A	1-2-3 <u>STEP</u> FRITZI	7 th R.A.B KARA
10:00AM	1-2-3 <u>PLYO&TONE</u> SHAWNA	1-2-3 <u>DANCING ABS</u> LISA	1-2 <u>YOGA</u> ANDREA	1-2-3 R.A.B SHAWNA	1-2 <u>YOGALATES</u> TANISHA	14 th <u>STEP</u> CRISTI
12:00PM	1-2 <u>INTERVAL TRAINING</u> THERESE	2-3 <u>CROSS TRAINING</u> DARLA	1-2-3 <u>CARDIO SCULPT</u> THERESE	1-2-3 <u>ZUMBA</u> MARTHA	2 <u>CROSS TRAINING</u> DARLA	21 st <u>BASIC TRAINING</u> PAULINE
SMALL AEROBICS ROOM 4:00-5:30PM	1 <u>BASIC YOGA</u> GRETCHEN	NEW	1 <u>BASIC YOGA & PILATES</u> GRETCHEN	YEAR!	1 <u>BASIC YOGA & TAI CHI</u> GRETCHEN	28 th <u>STEP</u> APRIL
4:30PM	1-2-3 <u>STRENGTH & GRACE</u> KARA	1-2-3 <u>BODY JAM</u> REGINA	1-2-3 <u>STRENGTH & GRACE</u> KARA	1-2-3 <u>BODY JAM</u> REGINA	1-2-3 <u>ZUMBA</u> MARTHA	
5:30PM	1-2-3 <u>ZUMBA</u> MARTHA	2 <u>STEP</u> CRISTI	1-2-3 <u>STEP</u> FRITZI	1-2-3 <u>DANCE EXPLOSION</u> LINDA	1-2-3 <u>STEP</u> CRISTI	
6:30PM	1-2-3 <u>CARDIO KICKBOXING</u> APRIL A	2-3 <u>YOGA</u> LYNNE	2-3 <u>TONING & PLYOMETRICS</u> APRIL A	1-2-3 <u>U-JAM</u> LINDA	2-3 <u>YOGA</u> APRIL A	

NS

SPIN SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY ROTATION 8:15AM
5:00AM		1-2-3 <u>RISE & SPIN</u> SHAWN		1-2-3 <u>MORNING SPIN</u> SHAWN		
8:15AM	1-2-3 <u>SPEED</u> JENNIFER	1-2-3 <u>ENDURANCE</u> SABRINA	1-2-3 <u>COMBO</u> JENNIFER	1-2-3 <u>INTERVALS</u> KRISTA	1-2-3 <u>HILLS</u> LISA	7 TH TANISHA
9:15AM	1-2-3 <u>KEEP IT REAL</u> APRIL		1-2-3 <u>ENDURANCE</u> APRIL		1-2-3 <u>COMBO</u> TANISHA	14 TH SABRINA
12:00PM	1-2-3 <u>AFTERNOON SPIN</u> TANISHA		1-2-3 <u>AFTERNOON SPIN</u> SHAWNA		1-2-3 <u>LETS RIDE</u> KARA	21 ST SHAWN
4:30PM	HAVE	A	AWESOME	NEW	YEAR!	28 TH LISA
5:30PM	1-2-3 <u>ENDURANCE</u> SCHATZI	1-2-3 <u>SPIN & WEIGHTS</u> SCHATZI	1-2-3 <u>HILLS 101</u> GLORIA	1-2-3 <u>COMBO</u> REGINA	1-2-3 <u>FRIDAY RIDE</u> APRIL A	

Please check schedule classes may change.

ALL CLASSES ARE INCLUDED IN GYM MEMBERSHIPS!