

Kathy's Healthclub of SAN RAMON

GROUP EXERCISE SCHEDULE Effective July 2010

Monday	Tuesday	ay	Thursday	Friday	Saturday	Sunday
8:30 a.m. STEP INTERVAL Georgeann (60)	8:30 a.m. SCULPT Lisa (60)	8:30 a.m. FLOOR Jamie (60)	8:30 a.m. SCULPT Georgeann (60)	8:30 a.m. FLOOR Leslie/Jamie (60)	8:00 a.m. DANCE ATTACK Lori (60)	8:20 a.m. YOGA Stacey (60)
9:30 a.m. BALL SCULPT Jamie (60)	9:30 a.m. TURBOKICK Lisa (60)	9:30 a.m. PILATES Robin (60)	9:30 a.m. STEP Georgeann (60)	9:30 a.m. PILATES Robin (60)	9:00 a.m. STEP Georgeann (60)	9:30 a.m. CYCLE Leslie/Jamie (60)
10:30 a.m. CYCLE Leslie (60)	10:30 a.m. ZUMBA Irene (60)	10:30 a.m. BOOGIE BOX Anel (60)	10:30 a.m. KICKBOX Anel (60)	10:30 a.m. BIKE & BALL Robin (60)	10:00 a.m. SCULPT Georgeann (60)	10:30 a.m. BASIC STEP Leslie (60)
4:30 p.m. YOGA Shannon (60)	4:30 p.m. FIT MIX Leslie (60)	4:30 p.m. YOGA Stacey (60)	4:30 p.m. FIT MIX Leslie (60)	*N Girl's Night Out Guest Fee \$7 7:00 p.m. July 2 Zumba Robin C (60) July 9 UJam Irene (60) July 16 UJam Irene (60) July 23 Zumba Anel (60) July 30 Zumba Robin C (60)	**Schedule may need to change without not *F= FEE (Ask at desk for information.) *N= NEW Class, Time, and/or Instructor	
5:30 p.m. STEP/FLOOR Becky (60)	5:30 p.m. CYCLE Georgeann (60)	5:30 p.m. STEP/FLOOR Becky (60)	5:30 p.m. CYCLE Tina (60)		CLUB HOURS Mon. - Thurs. 5:30am - 10:00pm Friday 5:30am - 9:00pm Weekend 7:00am - 5:00pm	
6:30 p.m. LATIN REMIX Irene (60)	6:30 p.m. KICKBOX Shannon (60)	6:30 p.m. SCULPT Robin (60)	6:30 p.m. UJAM Irene (60)		CHILDCARE HOURS Mon. - Fri. 8:30am-12:00pm Mon. - Thurs. 4:15pm - 7:30pm Saturday 8:00am - 11:30am	
7:30 p.m. PILATES Robin (60)	*F 7:30 p.m. WT LOSS PROG Aimee/Shannon (60)	7:30 p.m. PILATES Robin (60)	*F 7:30 p.m. WT LOSS PROG Aimee/Marilee (60)		Kathy's Healthclub of SR 2410 San Ramon Valley Blvd Ste 100 San Ramon, CA 94583 925-855-3855 www.KathysHealthclub.com	