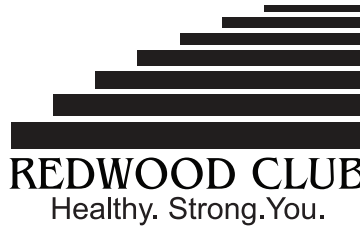




719 Southpoint Blvd
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June 2017 Schedule



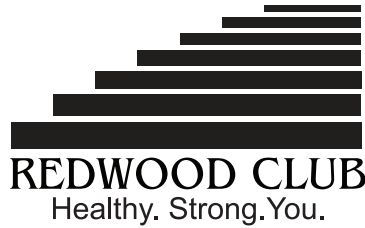
Club Hours
 Mon-Thurs 5:00am-10:00pm
 Fri 5:00am-8:30pm
 Sat-Sun 6:30am-7:00pm

Group X Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
		5:30-6:20am Spin & Strength Julie		5:30-6:20am Spin Eve		
8:00-8:55am Complete Core Sue	8:00-8:55am Hatha Yoga Al	8:00-8:50am Spin Geri	8:00-8:55am Hatha Yoga Al	8:00-8:50am Spin Sonya	8:00-8:50am Spin Staff	8:30-9:30am C-Burn/Strength Staff
9:00-10:00am Cardio Dance Laura	9:00-10:00am C BURN Eve	9:00-10:00am Strength Training Geri	9:00-10:00am C-Burn Sonya	9:00-10:00am C BURN Geri	9:00-10:00am Above the Bar&Core	
9:00-10:00am Women's Self Defense on 6/12 Asher						
10:10-11:10am Vinyassa Flow Simone	10:10-11:05am Pilates Mat Jacquie	10:10-11:10am Vital Yoga Nancy	10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Line Dancing Tammie	10:10-11:10am Zumba Marisha	10:15-11:30am Integrative Yoga Marjorie
	11:10-12:05pm 20-20-20 Laura		11:10-12:05pm 20-20-20 Laura	11:10-12:05pm Balance & Strength Geri		
	12:15-1:15pm Back Stabilization Sally P.T.		12:15-1:15pm Back Stabilization Sally P.T.			
4:30-5:30pm Pilates Mat Dorothy	4:30-5:25pm Spin & Strength Amy	4:15-5:15pm Vinyassa Flow Simone		4:30-5:30pm Integrative Yoga Marjorie		
5:30-6:25pm Line Dancing Tammie	5:30-6:30pm Tai Chi Al	5:30-6:25pm Spin Jamie	5:30-6:25pm Yoga begins 6/15 Jessica	5:30-6:25pm Zumba Dance Party on 6/23 Amelie		
6:30-7:30pm Zumba Corrie Begins 6/12	6:30-7:30pm Body Burn Elise	6:30-7:30pm PIYO Elise	6:30-7:30pm Pilates Mat Dorothy			
		8:00-9:00pm Wing Chun Phillip \$10 for Members				



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TRCFit Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:30am Afterburn TRC Fit (\$)	5:30am Shockwave TRC Fit (\$)	5:30am Industrial Strength TRC Fit (\$)	5:30am Foundations TRC Fit (\$)	5:30am Shockwave Circuit TRC Fit (\$)		
6:00pm Spin Circuit TRC Fit (\$)	6:00pm Sports Conditioning TRC Fit (\$)	6:00pm Shockwave TRC Fit (\$)	6:00pm Industrial Strength TRC Fit (\$)			

Aqua Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
10:15-11:15am Aqua Aerobics Amy	10:15-11:15am Sports Conditioning Kristina/Amy	10:15-11:15am Aqua Aerobics Kristina	10:15-11:15am Aqua Caliente Kristina	10:15-11:15am Aqua Aerobics Eve	10:00-11:00am Aqua Aerobics Staff	
6:00-7:00pm Aqua Aerobics Kristina		6:00-7:00pm Aqua Aerobics Sheila				