



719 Southpoint Blvd
 Petaluma, CA 94954
 (707) 778-8788
 www.theredwoodclubpetaluma.com



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

RAMP Schedule

Phase 2: Weeks 5-8 Effective 11/15/17

STUDIO GROUP EXERCISE SCHEDULE:

45 minutes of cardio and some light weight integrations at the instructor's discretion. NOTE: If you are still challenged with the 30-minute classes, it is fine to quit after 30 minutes but make sure you do your own cool down!

MON	TUE	WED	THU	FRI	SAT	SUN
6:30am Sean	6:30am Sean		6:30am Sean	6:30am Sean		FREE DAY If you want to exercise at the club, you can do some cardio or swim
11:15am Cynthia		11:15am Cynthia		11:10am Geri	11:15am Staff	
	3:30pm Nina		3:30pm Eve			
6:30pm Tammy	7:30pm Jeremiah	7:30pm Geri	7:00pm Jessica	6:00pm Jeremiah		

AQUA GROUP EXERCISE SCHEDULE:

Always 1 hr classes but you can cut short to 30 minutes. Pay attention to your body and go with the flow.

MON	TUE	WED	THU	FRI	SAT	SUN
10:15-11:15am Aqua Aerobics Amy	10:15-11:15am Sports Conditioning Amy/Kristina	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				

BOOST MEETINGS Moved to 12:30pm and 7:30pm