



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



January 2018 Schedule



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

Pilates Reformer Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
					8:30-9:30am Jacquie/Sherri	
10:30-11:30am Restorative* Jacquie						
11:30-12:30pm Jacquie		11:30-12:30pm Sherri	11:30-12:30pm Jacquie			
				12:20-1:30pm Sherri		
5:30-6:30pm Sherri						
6:30-7:30pm Sherri		6:30-7:30pm Sherri				

***Restorative:** A slow paced class focusing on building awareness, strength, mobility and flexibility. Ideal for pre/post injury/surgery.