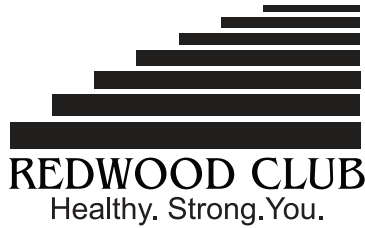




719 Southpoint Blvd
 Petaluma, CA 94954
 (707) 778-8788
 www.theredwoodclubpetaluma.com



March 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
				7:30-8:30am Jacquie		
					8:30-9:30am Jacquie/Sherri	
10:30-11:30am Restorative* Jacquie						
11:30-12:30pm Jacquie	11:30-12:30pm Jacquie	11:30-12:30pm Sherri	11:30-12:30pm Jacquie	11:30-12:30pm Jacquie		
5:00-6:00pm Sherri						
6:00-7:00pm Sherri		6:00-7:00pm Sherri				

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