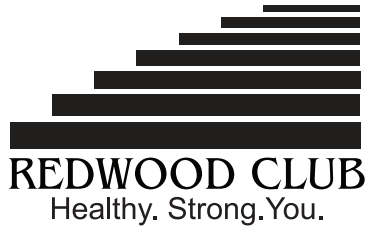




719 Southpoint Blvd
 Petaluma, CA 94954
 (707) 778-8788
 www.theredwoodclubpetaluma.com



July 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				10:30-11:30am Reformer I Jacquie/Cynthia		
11:30-12:30pm Jacquie	11:15-12:15pm Jacquie	11:30-12:30pm Sherri	11:15-12:15pm Jacquie			
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.

July 4th Hours

Wednesday, July 4th
 Gym is Open 7:00am - 1:00pm
 Daycare is CLOSED

CLASS SCHEDULE:
 9:00am C Burn w/Geri • 10:10am Yoga w/Nancy
 10:15am Aqua Aerobics w/ Kristina
 There will be no 5:30am Spin Class