



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

Group X Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
		5:30-6:20am Spin Leland 7/11 & 7/25 Julie 7/18		5:30-6:20am Spin Eve		
8:00-8:55am Complete Core Sue	8:00-8:55am Hatha Yoga Elise	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
9:00-9:55am C BURN Nancy	9:00-9:55am C BURN Eve	9:00-9:55am Strength Training Geri		9:00-9:55am C BURN Geri	9:00-9:55am Above the Bar Core Susie	
10:10-11:05am Vinyasa Flow Jessica	10:10-11:05am Pilates Mat Jacquie		10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Line Dancing Tammie	10:10-11:05am Zumba Antoinette 7/7, 7/14, 7/21	10:10-11:05am Restorative Yoga Marjorie
					10:10-11:05am Zumba Kelly 7/28	
11:10-12:05pm Cardio Dance Laura	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.			
	4:45-5:40pm Spin & Strength Amy		4:45-5:40pm Spin Jamie			
5:30-6:25pm Line Dancing Tammie	5:45-6:40pm Tai Chi Al	5:30-6:25pm HIP HOP Kelly	6:00-6:55pm Yoga Fusion Jessica	5:00-5:55pm Integrative Yoga Marjorie		
6:30-7:30pm Body Burn Elise	6:45-7:40pm Body Burn Elise	7:00-7:55pm Yoga Natasha				

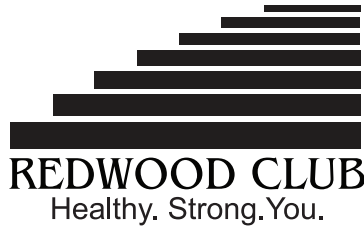
July 4th Hours

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



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TRC Fit Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:30am Afterburn TRC Fit (\$)	5:30am Cardio Circuit TRC Fit (\$)	5:30am Russian Circuit TRC Fit (\$)	5:30am Cardio Circuit & Core TRC Fit (\$)	5:30am Afterburn TRC Fit (\$)		
6:00pm Afterburn TRC Fit (\$)	6:00pm Pilates & Stretch for Athletes TRC Fit (\$)	6:00pm Cardio Circuit & Core TRC Fit (\$)	6:00pm Russian Circuit 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 Amy/Sheila	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/Kelly		6:00-7:00pm Aqua Aerobics Sheila				

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 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