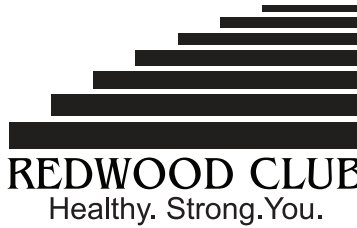




719 Southpoint Blvd
 Petaluma, CA 94954
 (707) 778-8788
 www.theredwoodclubpetaluma.com



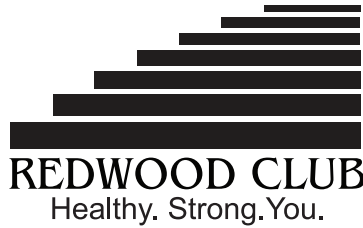
Club Hours
 Mon-Thurs 5:00am-10:00pm
 Fri 5:00am-8:30pm
 Sat-Sun 6:30am-7:00pm

Group X Schedule October 2018

MON	TUE	WED	THU	FRI	SAT	SUN
		5:30-6:20am Spin Sadie 10/3 & 10/24 Julie 10/10, 10/17, 10/31		5:30-6:20am Spin Jenn 10/5 & 10/19 Sadie 10/12 & 10/26		
8:00-8:55am Complete Core Sue	8:00-8:55am Yoga Miki	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 Staff	
10:10-11:05am Vinyasa Flow Jessica	10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Vinyasa Flow Jessica	10:10-11:05am Pilates Mat Jacquie	10:10-11:05am Line Dancing Tammie	10:10-11:05am Zumba Antoinette 10/6 & 10/27 Kelly 10/13 & 10/20	10:10-11:05am Integrative Yoga Marjorie
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		5:00-5:55pm Integrative Yoga Marjorie		
6:30-7:30pm Body Burn Elise	6:45-7:40pm PIYO Elise	6:30-7:25pm Yoga Natasha				



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

TRC Fit Schedule October 2018

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 Boxing TRC Fit (\$)	6:00pm Afterburn TRC Fit (\$)	6:00pm Pilates & Stretch for Athletes TRC Fit (\$)	6:00pm Russian Circuit TRC Fit (\$)			

HIIT Camp Schedule October 2018

MON	TUE	WED	THU	FRI	SAT	SUN
	6:30-7:20am HIIT Camp (\$)		6:30-7:20am HIIT Camp (\$)			
7:00-7:50pm HIIT Camp (\$)		7:00-7:50pm HIIT Camp (\$)				

Aqua Class Schedule October 2018

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				