



719 Southpoint Blvd  
 Petaluma, CA 94954  
 (707) 778-8788  
[www.theredwoodclubpetaluma.com](http://www.theredwoodclubpetaluma.com)



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

## Pilates Reformer Schedule December 2018

MON	TUE	WED	THU	FRI	SAT	SUN
				7:30-8:30am Jacquie		
					8:30-9:30am Staff	
9:30-10:30am Restorative* Jacquie					9:30-10:30am Staff	
10:30-11:30am Restorative* Jacquie				10:30-11:30am Reformer I Jacquie		
11:30-12:30pm Jacquie	11:15-12:15pm Jacquie		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.



719 Southpoint Blvd  
 Petaluma, CA 94954  
 (707) 778-8788  
[www.theredwoodclubpetaluma.com](http://www.theredwoodclubpetaluma.com)



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

## TRC FIT30 Schedule December 2018

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:00am TRC FIT30 (\$)		8:30-9:00am TRC FIT30 (\$)		8:30-9:00am TRC FIT30 (\$)		
9:00-9:30am TRC FIT30 (\$)		9:00-9:30am TRC FIT30 (\$)		9:00-9:30am TRC FIT30 (\$)		
9:30-10:00am TRC FIT30 (\$)		9:30-10:00am TRC FIT30 (\$)		9:30-10:00am TRC FIT30 (\$)		
10:00-10:30am TRC FIT30 (\$)		10:00-10:30am TRC FIT30 (\$)		10:00-10:30am TRC FIT30 (\$)		
10:30-11:00am TRC FIT30 (\$)		10:30-11:00am TRC FIT30 (\$)		10:30-11:00am TRC FIT30 (\$)		
11:00-11:30am TRC FIT30 (\$)		11:00-11:30am TRC FIT30 (\$)		11:00-11:30am TRC FIT30 (\$)		
4:00-4:30pm TRC FIT30 (\$)		4:00-4:30pm TRC FIT30 (\$)				
4:30-5:00pm TRC FIT30 (\$)		4:30-5:00pm TRC FIT30 (\$)				
5:00-5:30pm TRC FIT30 (\$)		5:00-5:30pm TRC FIT30 (\$)				
5:30-6:00pm TRC FIT30 (\$)		5:30-6:00pm TRC FIT30 (\$)				
6:00-6:30pm TRC FIT30 (\$)		6:00-6:30pm TRC FIT30 (\$)				