



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

## Pilates Reformer Schedule January 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		7:30-8:30am Lisa		7:30-8:30am Jacquie		
		8:30-9:30am Lisa			8:30-9:30am Staff	
9:30-10:30am Restorative* Jacquie					9:30-10:30am Staff	
10:30-11:30am Restorative* Jacquie		10:00-11:00am Reformer I Lisa		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 Lisa				

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