



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 February 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		6:30-7:30am Lisa				
				7:30-8:30am Jacquie		
					8:30-9:30am Staff	
9:30-10:30am Restorative* Jacquie		9:00-10:00am Lisa			9:30-10:30am Staff	
10:30-11:30am Restorative* Jacquie	10:10-11:10am Pilates Mat Jacquie	10:00-11:00am Reformer I Lisa	10:10-11:05am Pilates Mat Jacquie	10:30-11:30am Reformer I Jacquie		
11:30-12:30pm Jacquie	11:15-12:15pm Jacquie	11:10-12:05pm Pilates Mat Lisa	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.