



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 Pilates Schedule March 2019

MON	TUE	WED	THU	FRI	SAT	SUN
		7:30-8:30am Reformer Lisa (\$)		7:30-8:30am Reformer 2 Jacquie (\$)		
					8:30-9:30am Reformer Staff (\$)	
9:30-10:30am Restorative* Jacquie (\$)		9:00-10:00am Reformer Lisa (\$)			9:30-10:30am Reformer 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 Lisa (\$)		
11:30-12:30pm Reformer 3 Jacquie (\$)	11:15-12:15pm Reformer 2 Jacquie (\$)	11:05-12:05pm Pilates Mat Lisa	11:15-12:15pm Reformer 3 Jacquie (\$)	11:30-12:30pm Reformer 2 Lisa (\$)		
6:00-7:00pm Reformer Sherri (\$)		6:00-7:00pm Reformer Lisa (\$)				

* Pilates Mat classes are being held in the GroupX room.

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