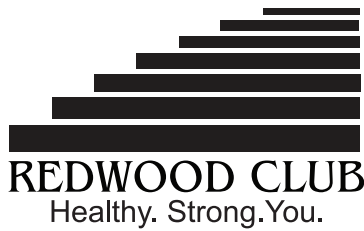




719 Southpoint Blvd
 Petaluma, CA 94954
 (707) 778-8788
 www.theredwoodclubpetaluma.com



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

TRC Pilates Schedule September 2019

MON	TUE	WED	THU	FRI	SAT	SUN
	7:30-8:25am Reformer 2 Jacquie (\$)			7:30-8:25am Reformer 2 Jacquie (\$)		
					8:30-9:25am Reformer Staff (\$)	
9:30-10:25am Restorative* Jacquie (\$)		9:30-10:25am Reformer 2 Lisa (\$)				
10:30-11:25am Restorative* Jacquie (\$)	10:10-11:05am Pilates Mat Jacquie		10:10-11:05am Pilates Mat Jacquie	10:30-11:25am Reformer I Lisa (\$)	10:00-10:55am Pilates Mat Lisa	
11:30-12:25pm Reformer 3 Jacquie (\$)	11:15-12:10pm Reformer 2 Jacquie (\$)	11:10-12:05pm Pilates Barre Lisa	11:15-12:10pm Reformer 3 Jacquie (\$)			
	4:30-5:20pm Reformer Lisa (\$)		4:30-5:20pm Reformer Lisa (\$)			
6:00-6:55pm Reformer 2 Sherri (\$)		6:00-6:55pm Reformer 2 Lisa (\$)				

* Pilates Mat and Pilates Barre 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.