

| | M | T | W | T | F | S | S |
|----------------------|---|---|---|--|---|---|--|
| A M | STEP 6am Mercy F. | BOSU/STEP 6am Mercy F. | STEP & SCULPT 6am Dana C. | CYCLE/FIRM 6am Odette | ZUMBA 6am Tristen M. | TURBO KICK 7:15am Grace P. | |
| | DANCE CONDITIONING 8:20am Amanda | BEG. JAZZ 8:20am Monica | ZUMBA 8:20am Monica | TAP 8:20am Amanda F. | PILATES 8:30am – 55min Steven W. | DANCE CARDIO FIT 8:30am Mercy F. | TAP 8:20am Amanda F. |
| M I D | FIRM 9:30am Jeff D. | PILATES 9:30am – 55min Steven W. | FIRM 9:30am Jeff D. | CARDIO DANCE 9:30am Amanda F. | FIRM 9:30am – 60min Jeff D. | ADV. STEP 9:40am – 55min Mercy F. | DANCER'S WORKOUT 9:30am Amanda F. |
| | | | BELLY DANCE 10:45am-75min Maria S. | | POWER WALKER 12:00pm Julie M. | TOTAL BODY CONDITIONING 10:45am – 60 min Cornelius | VINYASA YOGA 10:45am Thoa |
| P M | PILATES 12:05pm – 50min Kathleen C. | CYCLING 12:00pm Narmina | POWER WALKER 12:00pm Julie M. | *TAP 12pm-60min Darlene E. | CYCLING 12:00pm Narmina | STUDIO IN USE 2:00pm-4:00pm | |
| | **POWER CARDIO 5:30pm – 30min Demetreous | STUDIO IN USE 3:30pm – 5:45pm | YIN YOGA 12pm – 75min Lorraine T. | STUDIO IN USE 4:00pm – 5:30pm | STUDIO IN USE 3:15 – 4:00 | | |
| | **TRI'S & BUNS 6:00pm – 30min Demetreous | | STUDIO IN USE 3:30pm – 5:45pm | YOGA 5:30pm – 75min Jean L. | | | |
| | | *KARATE 7pm | VINYASA YOGA 5:45pm – 75min Cassandra M. | *KARATE 7pm | | | |

CLUB HOURS:

| | |
|-----------------|---------------|
| Monday-Thursday | 5:15am-9:00pm |
| Friday | 5:15am-8:00pm |
| Saturday-Sunday | 7:00am-6:00pm |

CHILD CARE HOURS:

| | |
|---------------|----------------|
| Monday-Friday | 8:15am-12:00pm |
| Saturday | 9:00am-12:00pm |

CONTACTS:

Club Main Phone Line (650) 327-3224
Class Schedule Line (650) 327-1401

WWW.REACHFITNESSCLUB.COM

*Denotes a fee based class

****New Classes offered at Reach**