

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00 a.m.	Step Mercy F.	BOSU/Step Dana C.	Step & Sculpt Dana C.	Cycling/Firm Danny C.	Zumba Tristen M.	7:05 a.m.	BOSU Sport Lisa D.	
8:20 a.m.	Fire (Candela) Jacqueline B.	Pilates I Orit C.	Yoga Faranak P.	Tap Mandy B.	(8:25) Candela (Fire) Jacqueline B.	8:10 a.m.	Workout Amanda F.	Tap Amanda F.
9:30 a.m.	Firm Jeff D.	Zumba TBA	Firm Jeff D.	Pop Star Knock-Out Amanda F.	Firm Jeff D.	9:20 a.m.	Adv. Step 75 min. Mercy F.	Yoga 75 min. Lorne D.
10:50 a.m.	Jazz/Contemporary Shannon A.	Body Blast Cherie S.	All Shook Up Amanda F.		Pilates I Danielle V.	10:45 a.m.	Firm Mercy F.	
12:00 p.m.	(12:05) Pilates II Kathleen C.	Cycling Cherie S.	Zin Yoga Lorraine T.			CLUB HOURS: <i>Monday-Thursday:</i> 5:15am-9:00p <i>Friday:</i> 5:15am-8:00pm <i>Saturday & Sunday:</i> 7:00am-6:00pm		
5:45 p.m.	45/15 Shannon A.							



CHILD-CARE HOURS:

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



Drop - In rate for non-members is \$15 per day. This includes full access to gym & all classes.

Reach will be closed on Monday, September 6th for Labor Day. Normal hours will resume Tuesday, September 7th.



LABOR DAY CLASS:

BURN the FLOOR!

9:30-10:30

Sign up at the front desk!

Reach Palo Alto Main Line: (650) 327-3224
 Class Schedule Line: (650) 327-1401



www.reachfitnessclub.com