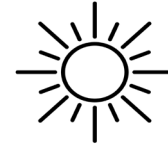


CALCOURTS

Health & Fitness Center



Group Fitness Schedule

"A LIFESTYLE FOR A LIFETIME"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:10-5:50am REVV Cycle* Tracy				
6:00-6:45am Interval Rendy	6:00-6:45am Interval Rendy	6:00-6:45am Pilates Rendy	6:00-6:45am Interval Jen B.	6:00-6:45am Circuit Jen B.		
	8:30-9:20am Pilates Denise		8:30-9:20am Pilates Denise			
9:00-10:00am Yoga Lexy	9:30-10:20am Slow Flow Yoga Denise	9:00-10:00am Yoga Lexy	9:30-10:20am Into To Yoga w/ foam rolling Denise		9:00-9:50am REVV Cycle* Rachelle M	
					9:00-9:50am Interval Rotating Staff	
11:00-11:50am Fun and Fit Rendy		11:00-11:50am Fun and Fit Lexy		11:00-11:50am Fun and Fit Jenna	10:30-11:30am Yoga Lexy	10:30-11:30am Yoga Casee
12:10-12:50pm Strength Rendy		12:10-12:50pm Strength TBA		12:10-12:50pm Interval Jenna		12:00-1:00 Tai-Chi-Chuan Gary
	4:15-5:00pm Strength Teri		4:15-5:00pm Strength Teri			
5:30-6:20pm REVV Cycle* Jen C	5:30-6:20pm Interval Jenna	5:30-6:20pm REVV Cycle* Jenna	5:30-6:20pm Interval Jenna			

Hours: M-F 5:00am-9:00pm/Sat 8am-2pm/Sun 9am-3pm
CalCourts Annex 3909 Walnut Drive, Cutten 707-445-5442



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*upstairs in cycling room