



Club Sierra Sports & Fitness Center

Group Exercise Schedule

Winter 2012



<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6:15	CYCLING BOB	COMBO RAMONE	CYCLING BOB	COMBO RAMONE	CYCLING BOB	
8:00	BODY SCULPTING HOPE		BODY SCULPTING MARGIE			
9:00	CYCLING SAM	SPINNERVAL HOPE	CYCLING SAM	SPINNERVAL HOPE	CYCLING SAM	
9:00	AQUA AEROBICS SERA	AQUA AEROBICS SERA	AQUA AEROBICS SERA	AQUA AEROBICS SERA	AQUA AEROBICS SERA	CHALLENGE INST. ROTATE
10:00	TAI CHI TONY		TAI CHI TONY		TAI CHI TONY	
10:15	LATIN / PACE GERI		LATIN / PACE GERI		LATIN/ PACE WANDA	YOGA/PILATES MARGIE
10:30		YOGA WANDA		YOGA WANDA		
11:00	YOGA,CORE,FLOW WITH SHARI		YOGA,CORE,FLOW WITH SHARI		YOGA / PILATES JINNAE	
12:00	CYCLING WANDA	LABAMBA GERI	CYCLING WANDA	BAMBA POWER WANDA	CYCLING WANDA	
1:00	AQUA AEROBICS RENEE		AQUA AEROBICS JENNIFER		AQUA AEROBICS RENEE	
5:30	POWER PUMP WANDA	CYCLING HOPE/MICHELE	POWER PUMP WANDA	CYCLING MICHELLE		
6:00	MASTER SWIM WENDY		MASTER SWIM WENDY		MASTER SWIM WENDY	
6:45	YOGA WANDA		YOGA WANDA			

CLUB HOURS

Monday - Thursday 5:00am to 9:30pm
 Friday 5:00am to 9:00pm
 Saturday 8:00am to 6:00pm
 Sunday 9:00am to 6:00pm

KID CARE HOURS

Monday thru Friday 9:00am to 12:00pm

FAMILY TIME HOURS

Sunday 12:00pm to 3:00pm
 Wednesday 2:00pm to 4:30pm
 Friday 4:00pm to 6:00pm
 Saturday 12:00pm to 3:00pm

Club Sierra Sports & Fitness Center
 130 West Berryhill Drive
 Grass Valley, CA 95945

Also Visit us at:
www.clubsierrafitness.com
 530-477-8800

