



GROUP FITNESS SCHEDULE

April 9-May 6, 2012



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM	Weighted Workout w/Brenda S.	Steppin' It Up w/Bonnie		Steppin' It Up w/Bonnie	Hard Core Chisel w/Bonnie	Level 2 Yoga w/Mikal	Mat Pilates w/Marci
9:15 AM							
9:30 AM		20/20/20 w/Brenda S.	Functional Core/Stability Workout w/Dale (Ball Required)	20/20/20 w/Brenda S.	Core/Pilates w/Brenda	Funk Fusion w/Lorenzo	Burn&Firm w/Marci
10:30 AM							
10:45 AM	Zumba w/Dale	Gentle Yoga w/Mikal	Yogalates w/Francie	Gentle Yoga w/Pamela	Zumba w/Dale	A Step or Two w/Bonnie	
11:45 AM							
12 NOON	Yogalates w/Francie				Workshop Yoga w/Pamela		
4:30 PM	Level I Yoga w/Danielle	Zumba w/Dale	Level I Yoga w/Mikal	Zumba w/Liz			
4:45 PM							
5:45 PM	Funk Fusion w/Lorenzo		Funk Fusion w/Lorenzo				
6:45 PM							
7:00 PM	Zumba w/Liz	Pump,Push & Pull w/Bonnie		Pump,Push & Pull w/Bonnie			

Classes and Instructors subject to change

FOR QUESTIONS OR SUGGESTIONS ABOUT CLASSES, CALL THE CLUB @ 482-2582 OR FILL OUT A SUGGESTION FORM

A NOTE FROM YOUR GROUP FITNESS DIRECTOR

Dear Valued Members,

Here is your April schedule. There is only one change in the schedule and that is the addition of a Core/Pilates class w/Brenda on Fridays at 9:30am. Also, check out our new room---A real floor, mirrors, and a wall; and, no more "slip-ons".

Remember to pick up a bracelet at the Front Desk to show the instructors that you are entitled to take classes. The color for this month is canary yellow. If you have a "Fitness Only" membership, the price per bracelet per month is only \$10. And, please wear or bring your bracelet to every class you attend. If you lose or misplace your bracelet, you will be required to purchase another one.

Sincerely, Brenda Sullivan

192 Camino Ruiz, Mission Oaks, Camarillo • Across from the Roxy Theater (805) 482-2582