
































MON	TUE	WED	THUR	FRI	SAT	SUN
 SPINNING ✓ Ed 5:45-6:30	 BODYPUMP ✓ Sandy 5:45-6:45	 SPINNING ✓ Gary 5:45-6:30	 BODYPUMP ✓ Kim F. 5:45-6:45	<i>Pilates Mat</i> Amy 7:00-8:00	 BODYSTEP ✓ Kerri 7:15-8:15	<i>Sweat Your Prayers \$</i> Michael Stone 10am-12pm
<i>Pilates Mat</i> Michelle 7:00-8:00	Hatha Yoga Lotus 8:00-9:15	<i>Pilates Mat&Ball</i> Michelle 7:00-8:00	Hatha Yoga Lotus 8:00-9:15	<i>SilverSneakers Fitness</i> Gayle 8:20-9:20	 BODYPUMP ✓ Cat 8:30-9:30	Bounce House/Pool Party \$ 1:00-5:30pm if reserved
<i>SilverSneakers Fitness</i> Gayle 8:20-9:20	AQUA Aerobics Charleen 8:15-9:15	<i>SilverSneakers Fitness</i> Gayle 8:20-9:20	AQUA Aerobics Charleen 8:15-9:15	AQUA Aerobics Barbara 8:15-9:15	 rpm ✓ RPM Team 9:35-10:30	
 SPINNING ✓ Kim M. 8:45-9:30	<i>SilverSneakers Cardio</i> Michelle 9:30-10:30	 rpm ✓ Brian 8:45-9:35	<i>SilverSneakers Cardio</i> Michelle 9:30-10:30	 SPINNING ✓ Kim M. 8:45-9:30	 BODYCOMBAT ✓ Combat Team 9:35-10:35	
Muscle n' Funk Teresa 9:30-10:45	Qi Gong Homer 10:30-11:30	Muscle n' Funk Teresa 9:30-10:45	Qi Gong Homer 10:30-11:30	Muscle n' Funk Teresa 9:30-10:45	 BODYPUMP ✓ Harry/Kimberley 10:40-11:40	
AQUA Aerobics Kim K. 10:00-11:00	 BODYSTEP ✓ Kara&Kerri 11:30-12:30	AQUA Aerobics Kim K. 10:00-11:00	 BODYSTEP ✓ Kerri&Kara 11:30-12:30	 rpm Extended ✓ Brian&Cat 12:30-1:30	Bounce House/Pool Party \$ 12:15-5:00pm if reserved	Class Guide ● Cycle Studio \$ Fee Class ✓ Sign-up Required
Restorative Yoga Skyler 10:50-12:20	 BODYPUMP ✓ Brian 12:30-1:30	Balance & Bliss Suzanne 10:50-12:20	 BODYPUMP ✓ Brian 12:30-1:30	Balance & Bliss Suzanne 10:50-12:20		
 ZUMBA Carolyn 12:30-1:30  rpm ✓ Marilyn 12:30-1:20	Tai Chi Level 1 Homer 2:00-3:00	 BODYSTEP ✓ Kara 12:30-1:30  rpm ✓ Marilyn 12:30-1:20	Tai Chi Level 2 Homer 2:00-3:00  rpm ✓ Harry 5:30-6:30	Spa Closed for maintenance every 3rd Friday 12-2pm	Club Hours Monday - Friday 5am-9pm Saturday - Sunday 7am-7pm <i>SYC holiday hours on back</i>	
 ZUMBA Carolyn 4:25-5:25	 BODYCOMBAT ✓ Sandy&Kim 5:30-6:30	 ZUMBA Carolyn 4:25-5:25	 BODYCOMBAT ✓ Sandy&Ali 5:30-6:30	Five Rhythms \$ Michael Stone 5:00-7:15	Child Care Hours Mon 8:30am-1:35pm & 4:15-6:45pm Tue 8:30am-1:35pm & 4:15-6:45pm Wed 8:30am-1:35pm & 4:15-6:45pm Thur 8:30am-1:35 & 4:15-6:45pm Fri 8:30am-1:35pm Sat 8:30am-11:45am	
AQUA Aerobics Betty 5:30-6:30	H2O Volleyball 6:00-8:30	AQUA Aerobics Betty 5:30-6:30			Class Policy All participants must check-in at the front desk and request a class card to present to the instructor.	
 CYCLE 16 ✓ Scott 5:30-6:45	 BODYPUMP ✓ Harry 6:35-7:35	 CYCLE 16 ✓ Scott 5:30-6:45	SWIM LESSONS \$ ✓ MONDAY through SATURDAY Call 470-9100 for reservations			
 BODYPUMP ✓ Kim F. 5:30-6:30		 BODYPUMP ✓ Sandy 5:30-6:30	FAMILY SWIM \$ Thursday 12:00-2:00pm Sunday 1:00-5:00pm			
Mindful Motion Suzanne 6:35-7:35		Five Rhythms \$ Juliette Phyllis 7:00-8:30	555 SEARLS AVENUE NEVADA CITY, CA 95959 470-9100			