Sierra Sport & Racquet Club

Shapemakers Women's Fitness

Group Fitness Schedule

September 2018

AM Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	SSRC/SM H.E.A.T.(MC) Jen/5:30am	SSRC/SM Tread & Shred(CMC) Bernie/5:30am	SSRC/SM Fitness 40/20(MC) Jen/5:30am	SSRC/SM Tread & Shred(CMC) Kirsten/5:30am	SSRC/SM Pilates Stretch(MB) Janeen/5:30am	
7:00am 7:15am						SSRC Spin45(CC) ***Claudia/7:15am
7:30am	SM Zumba(CC) ** Kelly/7:30am		SM Zumba(CC) ** Kelly/7:30am	SM Fitness 45 ** Jen/7:30am		SSRCPilates(MB) ***Claudia/8:15am
8:15am 8:30am	SSRC Iron & Air(MC) *** Bernie/8:15am	SSRC Pilates(MB) *** Claudia/8:15am	SSRC Cardio Muscle(CC) *** Hope/8:15am	SSRC Pilates(MB) *** Terri/8:15am	SSRC Iron & Air(MC) *** Bernie/8:15am	SM Tabata(CC) Kasey/8:30am
9:15am	SM Muscle Sculpt(MC) Jen/9:15 AM	SM High Fitness(CC) Shannon/9:15AM	SM Muscle Sculpt(MC) Jen/9:15am	SM Spin(CC) Jen/9:15am	Muscle Sculpt(MC) Claudia/9:15am	SM Spin(CC) Kasey/9:30AM
10:15am 10:30am	SM Stretch&Strength ** Maureen/10:30am	SM Yogalaties(MB) Jen/10:15am	SM Stretch&Strength ** Maureen/10:30am	SM Yogalaties(MB) Jen/10:15am	SM Stretch&Strength ** Claudia/10:30am	SM Yoga (MB) Sara/10:30am
PM Slots						
4:30pm	SSRC Pilates(MB) *** Terri/4:30pm		SSRC Pilates(MB) *** Terri/4:30pm			
5:30pm	SM GFORCE(MC) Kasey/5:30pm		*SM Tabata(CC) Kasey/5:30pm 1st&3rd			
5:45pm		SM Zumba(CC) Shana/5:45pm	*SM High Fitness(CC) Chelsie/5:45pm2nd&4th	SM Zumba(CC) Shana/5:45pm		
6:30pm	Restorative Yoga(MB) SM Sara/6:30pm	SSRC/SM Aqua Fitness Eleanor/6:30p(CC)		SSRC/SM Aqua Fitness Eleanor/6:30pm(CC)		
7:00pm				SM High Fitness (CC) Franki/7:00pm		

*Please note: 1st & 3rd Wednesday Tabata 5:30pm, 2nd & 4th Wednesday 5:45pm High Fitness

30/45 Minute Class Duration	**
SSRC Exclusive Class	***

SSRC Sierra Sport & Racquet Club (559) 431-8200
SM Shapemakers Women's Fitness (559) 435-0332

Cardio Classes(CC) Muscle Conditioning(MC) Mind&Body(MB)

Instructors and classes are subject to change