Sierra Sport & Racquet Club
Shapemakers Women's Fitness
Group Fitness Schedule
October 2021

AM Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Fitness 45(CMC)	Yogalates (MB)	Fitness 45 (CMC)	Yogalates(MB)	Fitness 45 (CMC)	
7:15am	**Jen/7:15am	**Jen/7:15am	**Claudia/7:15am	**Claudia/7:15am	**Bernie/7:15am	
8:15am	Iron & Air (CMC)		Iron & Air(CMC)		Iron & Air(CMC)	
	***Bernie/8:15am		***Bernie/8:15am		***Bernie/8:15am	
8:30am		Fitness 45 (CMC)		Fitness 45(CMC)		Tabata(CMC)
9:00am		**Maureen/9:00am		**Maureen/9:00am		**Kasey/8:30am
9:15am	Muscle Sculpt(MC)	Pilates(MB)	Muscle Sculpt(MC)	Pilates(MB)	Muscle Sculpt(MC)	Spin(CC)
9:30am	**Jen/9:15am	**Jen/9:15am	**Bernie/9:15am	**Claudia/9:15am	**Maureen/9:15am	**Kasey/9:30am
10:00am						
	Strength&Stretch(MC)	Cardio Dance(CC)	Strength&Stretch(MC)		Strength&Stretch(MC)	
10:15am	**Maureen/10:15am	**Jennifer H./10:15am	**Maureen/10:15am		**Maureen/10:15am	
						Yoga(MB)
10:30am						**Sara/10:30am
PM SLOTS						
5:30pm	Tabata(CMC)	Power Spin 30	Tabata(CMC)			
	Genna/5:30pm	Jennifer H./5:30pm	**Sam/5:30pm			
6:30pm						
7:00pm						

Outdoor

WEEK OF: 10/10 -10/16

30/45 minute Class **
SSRC Exclusive Class ***
SM Shapemakers classes

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

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

Instructors and classes are subject to change