



Group Fitness Schedule

November 2019

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						
7:30am	SM Cardio Fitness(CC) **Maureen/7:30am		SM Cardio Fitness(CC) **Maureen/7:30am	SM Fitness 45 ** Jen/7:30am	SM Cardio Fitness(CC) **Bernie/7:30am	SSRC Pilates(MB) ***Claudia/8:15am
8:15am	SSRC Iron & Air(MC)	SSRC Pilates(MB)	SSRC Cardio Muscle(CC)	SSRC Pilates(MB)	SSRC Iron & Air(MC)	SM Tabata(CC)
8:30am	*** Bernie/8:15am	***Eleanor/8:15am	*** Hope/8:15am	***Claudia/8:15am	*** Bernie/8:15am	Kasey/8:30am
9:15am	SM Muscle Sculpt(MC) Jen/9:15am	SM Spin(CC) Jen/9:15am	SM Muscle Sculpt(MC) Jen/9:15am	SM Yogalates(MB) Jen/9:15am	SM Muscle Sculpt(MC) Claudia/9:15am	SM Spin(CC) Kasey/9:30AM
10:15am	SM Stretch&Strength	SM Yogalates(MB)	SM Stretch&Strength	SM Zumba(CC)	SM Stretch&Strength	SM Yoga (MB)
10:30am	** Maureen/10:30am	Jen/10:15am	** Maureen/10:30am	Cyndi/10:15am	** Claudia/10:30am	Sara/10:30am
PM Slots						
4:30pm		SSRC Pilates (MB) ***Maureen/4:30pm		SSRC Pilates (MB) ***Maureen/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/5:45pm 2nd&4th	SM Zumba(CC) Shana/5:45pm		
6:30pm	Restorative Yoga(MB) SM Kirsten/6:30pm					
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

SM Shapemakers classes

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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