



Sierra Sport & Racquet Club

Shapemakers Women's Fitness

Group Fitness Schedule

April 2024

AM Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Fitness 45(CMC)	Tone & Stretch(MC)	Fitness 45 (CMC)	Pilates(MB)	Fitness 45 (CMC)	
7:15am	**Bernie/7:15am	**Terri/7:15am	**Susan/7:15am	**Maria/7:15am	**Bernie/7:15am	
						Yoga(MB)
8:15am	Iron & Air (CMC)	Zumba(CC)	Iron & Air(CMC)	Zumba(CC)	Iron & Air(CMC)	**Sara/7:30am
	***Monica/8:15am	**Eleanor/8:15am	***Monica/8:15am	**Eleanor/8:15am	***Kathy/8:15am	
8:30am		Fitness 45 (CMC)		Fitness 45(CMC)		Tabata(CMC)
9:00am		**Maureen/9:15am Gym		**Maureen/9:15amGym		**Sara/8:30am
						Weight Room
9:15am	Muscle Sculpt(MC)	Pilates(MB)	Muscle Sculpt(MC)	Pilates(MB)	Muscle Sculpt(MC)	Cardio Spin(CC)
9:30am	**Monica/9:15am	**Staff/9:15am	**Monica/9:15am	**Tami/9:15am	**Maureen/9:15am	**Staff/9:30am
10:15am	Strength & Stretch(MB)	Cardio Dance(CC)	Strength & Stretch(MB)	Cardio Dance(CC)	Strength&Stretch(MC)	
	**Maureen/10:15am	**Jennifer/10:15am	**Maureen/10:15am	**Jennifer/10:15am	**Maureen/10:15am	
10:30am						
PM SLOTS						
4:30pm	Yoga(MB)	Line Dancing(CC)				
	**Sara/4:30pm	**Jennifer/4:30pm				
5:30pm	Tabata(CMC)	Power Spin	Tabata(CMC)	High Fitness(CC)		
	**Genna/5:30pm	**Sam/5:30pm	**Kirsten/5:30pm	**Emily/5:30pm		
6:30pm			Cardio Dance(CC)			
			**Shana/6:30pm			
7:00pm						

SSRC Exclusive Class ***

CLASS OF THE MONTH

Shapemakers Classes **

SSRC Sierra Sport & Racquet Club (559) 431-8200

SM Shapemakers Women's Fitness (559) 435-0332

Club Hours: M-F 6:00am-9:30pm Sat. 7:00am-8:00pm Sun. 8:00am-8:00pm

Cardio Classes(CC)

Muscle Conditioning(MC)

Cardio Muscle Conditioning(CMC)

Mind & Body(MB)

Instructors and classes are subject to change