



# GROUP FITNESS SCHEDULE

## NOVEMBER 2019

Phone: 805.686.2900  
 Hours: M-T 5am-9pm/F 5am-7pm  
 Sat. 7am-4pm/Sun. 8am-4pm  
 www.performancefitness.biz

### Studio A

	Mon	Tues	Wed	Thurs	Fri	Sat
6:15AM 7:15 AM		Interfit Maria D.		Interfit Maria D.		
7:00AM 8:00AM						
8:15 AM 9:15AM			Zumba Cynthia	Advance Step Lisa	Zumba Cynthia	
8:30 AM 9:30 AM	Body Sculpt Terry	Body Blast Maria D.				Advance Step Lisa
9:35 AM 10:35 AM	Yoga Level 1-2 Leeanna			Yoga Level 1-2 Leeanna	Yoga Level 1-2 Leeanna	Sculpt (9:35-10:00) Lisa
5:30 PM 6:30 PM	Advanced Step Lisa		Yoga Basic Barbara			<b>Sun.</b> Zumba 9:00 AM Cherise  Selected Dates: November 10th & 24th
6:30 PM 7:30 PM	Sculpt (6:30-7:00) Lisa	Body Blast (6:30-7:15) Maria D.	Interval Training (6:30-7:15) Maria D.			
7:15 PM 8:00 PM		Core Essentials Maria D.				

### Group Fitness Etiquette

**Please arrive on time for class. As a courtesy to other members, please refrain from personal conversations. Closed-toed athletic shoes are required except for yoga/pilates. Please consider the needs of our members with allergies by limiting your use of fragrances.**

### Studio B

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30 AM 9:30 AM		Yoga Laurie	Body Sculpt Terry		Body Sculpt Terry	
9:35 AM 10:35 AM					Spinning Lisa	Pilates Flow (9:00-10:00) Donelle
10:45 AM 11:30 AM	Functional Fitness Jim		Functional Pilates Donelle	Tai Chi Don	Functional Fitness Jim	
5:30 PM 6:30 PM				Spinning Lisa		

*Please note that classes with low participation are subject to change*