



GROUP FITNESS SCHEDULE FEBRUARY 2020

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 | | | | | 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 | | | Sun. Zumba 9:00 AM Cherise Selected Dates: February 2nd & 23rd |
| 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 | | PiYo Leeanna | 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