



Sierra Sport & Racquet Club

Shapemakers Women's Fitness

Group Fitness Schedule

July 2024

AM Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00am	Summer Bootcamp						
6:15am	**Cindy/6:15am						
7:15am	Fitness 45(CMC)	Tone & Stretch(MC)	Fitness 45 (CMC)	Pilates(MB)	Fitness 45 (CMC)	Yoga(MB)	
7:30am	**Bernie/7:15am	**Terri/7:15am	**Genna/7:15am	**Maria/7:15am	**Bernie/7:15am	**Sara/7:30am	
8:15am	Iron & Air (CMC)	Zumba(CC)	Iron & Air(CMC)	Zumba(CC)	Iron & Air(CMC)		
	***Monica/8:15am	**Eleanor/8:15am	***Monica/8:15am	**Eleanor/8:15am	***Kathy/8:15am		
8:15am		Aqua Fitness(CC)		Aqua Fitness (CC)		Tabata(CMC)	
8:30am		**Terri/8:15am Pool		**Terri/8:15am Pool		**Sara/8:30am	
						Weight Room	
9:15am	Muscle Sculpt(MC)	Fitness 45 (CMC)	Muscle Sculpt(MC)	Fitness 45 (CMC)	Muscle Sculpt(MC)		
9:30am	**Monica/9:15am	**Maureen/9:15am Gym	**Monica/9:15am	**Maureen/9:15amGym	**Maureen/9:15am	Cardio Spin(CC)	
		Pilates(MB)		Pilates(MB)		**Staff/9:30am	
		**Terri/9:15am		**Tami/9:15am			
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		
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