



# Sierra Sport & Racquet Club

## Shapemakers Women's Fitness

### Group Fitness Schedule

### May 2022

AM Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Fitness 45(CMC)	Yogalates (MB)	Fitness 45 (CMC)	Yogalates(MB)	Fitness 45 (CMC)	
7:15am	**Jen/7:15am	**Jen/7:15am	**Claudia/7:15am	**Claudia/7:15am	**Bernie/7:15am	Yoga(MB) **Sara/7:30am
8:15am	Iron & Air (CMC) ***Bernie/8:15am		Iron & Air(CMC) ***Bernie/8:15am		Iron & Air(CMC) ***Bernie/8:15am	
8:30am		Fitness 45 (CMC)		Fitness 45(CMC)		Tabata(CMC)
9:00am		**Maureen/9:15am		**Maureen/9:15am		**Kasey/8:30am Weight Room
9:15am	Muscle Sculpt(MC)	Pilates(MB)	Muscle Sculpt(MC)	Pilates(MB)	Muscle Sculpt(MC)	Spin(CC)
9:30am	**Jen/9:15am	**Jen/9:15am	**Bernie/9:15am	**Claudia/9:15am	**Maureen/9:15am	**Kasey/9:30am
10:00am						
10:15am	Strength&Stretch(MC) **Maureen/10:15am	Cardio Dance(CC) **Jennifer H./10:15am	Strength&Stretch(MC) **Maureen/10:15am	Cardio Dance(CC) **Jennifer H./10:15am	Strength&Stretch(MC) **Maureen/10:15am	
10:30am						
<b>PM SLOTS</b>						
4:30pm						
5:30pm	Tabata(CMC) **Genna/5:30pm	Power Spin 30 **Sam/5:30pm	Tabata(CMC) **Sam/5:30pm			
6:30pm						
7:00pm						

**Outdoor**  
**NEW CLASS**

30/45 minute Class \*\*  
SSRC Exclusive Class \*\*\*  
SM Shapemakers classes

SSRC Sierra Sport & Racquet Club (559) 431-8200  
SM Shapemakers Women's Fitness (559) 435-0332

Cardio Classes(CC)

Muscle Conditioning(MC)

Cardio Muscle Conditioning(CMC)

Mind & Body(MB)

Instructors and classes are subject to change