



**Sierra Sport & Racquet Club**

**Shapemakers Women's Fitness**

## Group Fitness Schedule

**August 2019**

AM Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	SSRC/SM H.E.A.T.(MC) Jen/5:30am	SSRC/SM Tread & Shred(CMC) Bernie/5:30am	SSRC/SM Fitness 40/20(MC) Jen/5:30am	SSRC/SM Tread & Shred(CMC) Kirsten/5:30am	SSRC/SM Pilates Stretch(MB) Janeen/5:30am	
7:00am 7:15am						
7:30am	SM Zumba(CC) ** Eleanor/7:30am		SM Zumba(CC) ** Eleanor/7:30am	SM Fitness 45 ** Jen/7:30am	SM Zumba(CC) ** Eleanor/7:30am	SSRC Pilates(MB) ***Claudia/8:15am
8:15am	SSRC Iron & Air(MC)	SSRC Pilates(MB)	SSRC Cardio Muscle(CC)	SSRC Pilates(MB)	SSRC Iron & Air(MC)	SM Tabata(CC)
8:30am	*** Bernie/8:15am	***Hope/8:15am	*** Hope/8:15am	***Claudia/8:15am	*** Bernie/8:15am	Kasey/8:30am
9:15am	SM Muscle Sculpt(MC) Jen/9:15am	SM Spin(CC) Jen/9:15am	SM Muscle Sculpt(MC) Jen/9:15am	SM Yopalaties(MB) Jen/9:15am	SM Muscle Sculpt(MC) Claudia/9:15am	SM Spin(CC) Kasey/9:30AM
10:15am	SM Stretch&Strength ** Maureen/10:30am	SM Yopalaties(MB) Jen/10:15am	SM Stretch&Strength ** Maureen/10:30am	SM Zumba(CC) Cyndi/10:15am	SM Stretch&Strength ** Claudia/10:30am	SM Yoga (MB) Sara/10:30am
10:30am						
PM Slots						
4:30pm		SSRC Sculpt&Stretch(MC) ***Maureen/4:30pm		SSRC Sculpt&Stretch ***Maureen/4:30pm		
5:30pm	SM GFORCE(MC) Kasey/5:30pm	Aqua Fitness(MC) Terri/5:30pm	*SM Tabata(CC) Kasey/5:30pm 1st&3rd	Aqua Fitness(MC) Terri/5:30pm		
5:45pm		SM Zumba(CC) Shana/5:45pm	*SM High Fitness(CC) Chelsie/5:45pm 2nd&4th	SM Zumba(CC) Shana/5:45pm		
6:30pm	Restorative Yoga(MB) SM Sara/6:30pm					
7:00pm				SM High Fitness (CC) Franki/7:00pm		

\*Please note: 1st & 3rd Wednesday Tabata 5:30pm, 2nd & 4th Wednesday 5:45pm High Fitness

30/45 Minute Class Duration

SSRC Exclusive Class

**
***

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

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

Cardio Classes(CC)

Muscle Conditioning(MC)

Mind&Body(MB)

Instructors and classes are subject to change