

# Group Exercise Schedule



Foster City Athletic Club

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|---|---|--|---|--|---|---|
|   |   |  |   |  |   |   |
| <u>8:15 AM</u><br><b>Dance Workout</b><br>Mary            | <u>8:15 AM</u><br><b>Low Impact</b><br>Maria      | <u>8:15 AM</u><br><b>Movin' Fun Low Impact</b><br>Diane                | <u>8:15 AM</u><br><b>Low Impact</b><br>Maria                          | <u>8:30 AM</u><br><b>Cardio Ball</b><br>Johnny             |   |   |
| <u>9:15 AM</u><br><b>Body Sculpt</b><br>Diane             | <u>9:15 AM</u><br><b>Cardio Strength</b><br>Maria | <u>9:15 AM</u><br><b>Body Sculpt</b><br>Diane                          | <u>9:15 AM</u><br><b>H.I.T.</b><br>(high intensity training)<br>Terry | <u>9:30 AM</u><br><b>Dance Workout &amp; More</b><br>Diane | <u>8:30 AM</u><br><b>Step</b><br>Stan   | <u>9:30 AM</u><br><b>Step Interval</b><br>Stan    |
| <u>10:30 AM</u><br><b>New Beginnings</b><br>Diane         | <u>12:15 PM</u><br><b>Power Yoga</b><br>Rebecca   | <u>10:30 AM</u><br><b>New Beginnings</b><br>Diane                      |   | <u>10:30 AM</u><br><b>Seniors with Weights</b><br>Diane    | <u>9:30 AM</u><br><b>Beginning Yoga</b><br>Stella   | <u>10:30 AM</u><br><b>Power Yoga</b><br>Kristi G. |
| <u>12:15 PM</u><br><b>Pilates</b><br>Maria                |   | <u>12:15 PM</u><br><b>Pilates PLUS on the Ball</b><br>Maria<br>75 mins | <u>12:15 PM</u><br><b>Beg. Power Yoga</b><br>Stella                   | <u>12:15 PM</u><br><b>Pilates</b><br>Maria                 | <u>10:30 AM</u><br><b>Movin' Fun Low Impact/Sculpt</b><br>Diane   |   |
| <u>3:30 PM</u><br><b>Capoeira</b><br>Ages 7-11            | <u>5:30 PM</u><br><b>Cardio Strength</b><br>Carol | <u>3:30 PM</u><br><b>Capoeira</b><br>Ages 7-11                         |   |  | <p align="center"><b>FIT HAPPENS!</b></p> <p align="center"><b>GET IN SHAPE WITH A FRIEND! REFER 3 FRIENDS AND QUALIFY TO WIN A 23" FLAT SCREEN TV!</b></p> <p align="center"><b>TRY SOME CLASSES! LOSE WEIGHT – GAIN ENERGY!</b></p> |   |
| <u>5:30 PM</u><br><b>Step</b><br>Kelly                    | <u>6:30 PM</u><br><b>Yoga</b><br>Kristi           | <u>5:30pm</u><br><b>Zumba</b><br>Ivonne                                | <u>5:30 PM</u><br><b>Cardio Ball</b><br>Johnny                        |  |   |   |
| <u>6:30 PM</u><br><b>Belly Dance Aerobics</b><br>Shabaana |   |  | <u>6:30 PM</u><br><b>Kick Your Abs</b><br>Johnny                      |  |   |   |
|   |   |  |   |  |   |   |

**HOURS OF OPERATION:**

**Monday – Thursday:** 5:30AM – 10:00PM; **Friday:** 5:30AM – 8:00PM; **Saturday:** 7:00AM - 7:00PM; **Sunday:** 8:00AM – 5:00PM

**MIX IT UP!! TRY DIFFERENT INSTRUCTORS – YOUR BODY (& BRAIN) WILL LOVE IT!!!**