



# San Jose Swim and Racquet Club

## Fitness Class Schedule

April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM MASTER SWIM With Bruce		6:00 AM MASTER SWIM With Bruce		6:00 AM MASTER SWIM With Bruce	
9-9:50 AM CYCLE CIRCUITS With Trisha	9:00 AM TOTAL BODY CONDITIONING With Katie	9-9:50 AM CYCLE CORE With Trish	9:00 AM TOTAL BODY CONDITIONING With Katie	9-9:50 AM CYCLE ARMS With Trish	8:15 AM TOTAL BODY CONDITIONING With Meghan
9:15 AM DEEP WATER FITNESS With Bruce		9:15 AM DEEP WATER FITNESS With Bruce		9:15 AM DEEP WATER FITNESS With Bruce	9:15 AM RESORATIVE PILATES With Val
10-10:50 AM FUNCTIONAL YOGA With Dana	10:15 AM RESORATIVE PILATES With Val	10-10:50 AM TOTAL FITNESS With Val	10:15 AM RESTORE-CORE- BALANCE With Val	10-10:50 AM TOTAL FITNESS With Val	9:15 AM DEEP WATER FITNESS With Meghan
11-11:50 AM CHAIR YOGA With Dana					
5:30 PM CYCLE CLASS With Harold/Julie	5:30 PM HATHA YOGA With Cheryl	5:30 PM CYCLE CORE With Harold/Julie			PLEASE GO ON OUR WEBSITE FOR CLASS DESCRIPTIONS! <a href="http://www.sjsrc.com">www.sjsrc.com</a>

### 2023 Class Reservation Guidelines

- Instructor will be welcoming those members who are on the class list ONLY, NO Drop-ins.
- Email requests MUST be received by 5pm of previous days request for classes. Continue to email Valerie@sjsrc.com.
- If you are unable to attend a class you have reserved, an email cancelling your reservation must be sent 4 hours before class to avoid a "Late Cancel" charge of \$5. There is a \$10 NO SHOW fee.