



# San Jose Swim and Racquet Club

## Fitness Class Schedule

July 2026



| MONDAY                                         | TUESDAY                                                  | WEDNESDAY                                      | THURSDAY                                                 | FRIDAY                                                                                | SATURDAY                                                                                                   |
|------------------------------------------------|----------------------------------------------------------|------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 6:00 AM<br>MASTER SWIM<br>With Bruce           |                                                          | 6:00 AM<br>MASTER SWIM<br>With Bruce           |                                                          | 6:00 AM<br>MASTER SWIM<br>With Bruce                                                  |                                                                                                            |
| 9-9:50 AM<br>CYCLE CIRCUITS<br>With Katie      | 9:00-9:50 AM<br>TOTAL BODY<br>CONDITIONING<br>With Trish | 9-9:50 AM<br>CYCLE CORE<br>With Trish          | 9:00-9:50 AM<br>TOTAL BODY<br>CONDITIONING<br>With Trish | 8:30-9:15 AM<br>CYCLE<br>With Val                                                     | 8:00 AM<br>TOTAL BODY<br>CONDITIONING<br>With Ted                                                          |
| 9:15 AM<br>DEEP WATER<br>FITNESS<br>With Bruce |                                                          | 9:15 AM<br>DEEP WATER<br>FITNESS<br>With Bruce |                                                          | 9:15 AM<br>DEEP WATER<br>FITNESS<br>With Bruce                                        | 9:00 AM<br>DEEP WATER<br>FITNESS<br>With Ted                                                               |
| 10-10:50 AM<br>FUNCTIONAL<br>YOGA<br>With Ted  | 10:00 AM<br>RESORATIVE<br>PILATES<br>With Val            | 10-10:50 AM<br>TOTAL FITNESS<br>With Val       | 10:00 AM<br>RESTORE-CORE-<br>BALANCE<br>With Val         | 9:30-10:15 AM<br>PILATES<br>With Trish                                                | 9:00 AM<br>RESORATIVE<br>PILATES<br>With Val                                                               |
| 11-11:50 AM<br>CHAIR YOGA<br>With Dana         |                                                          |                                                |                                                          |                                                                                       |                                                                                                            |
| 5:30 PM<br>CYCLE CLASS<br>With Harold/Julie    | 5:30 PM<br>CYCLE CIRCUITS<br>With Harold                 | 5:30 PM<br>CYCLE CORE<br>With Ted              | HAPPY<br>4TH OF<br>JULY!                                 |  | PLEASE GO ON OUR<br>WEBSITE FOR CLASS<br>DESCRIPTIONS!<br><a href="http://www.sjsrc.com">www.sjsrc.com</a> |