



San Jose Swim and Racquet Club

Fitness Class Schedule

September 2026



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 Ted	9:00-9:50 AM TOTAL BODY CONDITIONING With Trish	9-9:50 AM CYCLE CORE With Trish	9:00-9:50 AM TOTAL BODY CONDITIONING With Trish	8:30-9:15 AM CYCLE With Val	8:00 AM TOTAL BODY CONDITIONING With Ted
9:15 AM DEEP WATER FITNESS With Bruce		9:15 AM DEEP WATER FITNESS With Bruce		9:15 AM DEEP WATER FITNESS With Bruce	9:00 AM DEEP WATER FITNESS With Ted
10-10:50 AM FUNCTIONAL YOGA With Dana	10:00 AM RESORATIVE PILATES With Val	10-10:50 AM TOTAL FITNESS With Val	10:00 AM RESTORE-CORE- BALANCE With Val	9:30-10:15 AM PILATES With Trish	9:00 AM RESORATIVE PILATES With Val
11-11:50 AM CHAIR YOGA With Dana					
5:30 PM CYCLE CLASS With Harold/Julie	5:30 PM CYCLE CIRCUTS With Harold	5:30 PM CYCLE CORE With Ted			PLEASE GO ON OUR WEBSITE FOR CLASS DESCRIPTIONS! www.sjsrc.com