

Winter 2020

Spin Class Schedule



Monday 2/10	Tuesday 2/11	Wednesday 2/12	Thursday 2/13	Friday 2/14	Saturday 2/15	Sunday 2/16
6:05-7:00am Spinning (Wendy)	6:05-7:00am Spinning/TRX (Kari)	6:05-7:00am Spinning (Cindy)	6:05-7:00am Spinning/TRX (Kari)	6:05-7:00am Spinning (Cindy)		
7:15-8:00am Spinning (Kim)						8:00-9:00am Spinning (Cindy)
8:30- 9:15am Spinning (Karen)		8:30- 9:15am Spinning (Karen)		8:30- 9:15am Spinning (Karen)		
9:30- 10:15am Spinning (Karen)	9:30-10:30am Spinning (Kathy)	9:30 - 10:15am Spinning (Karen)		9:30 - 10:30am Spinning (Kim)		
10:30- 11:15am Spinning (Karen)		10:30- 11:15am Spinning (Karen)		10:45-11:30am Spinning (Karen)		



SPINNING



DANCE



STRENGTH



YOGA



SWIM

Our professional instructors have developed a schedule of fitness classes that cater to all ages, abilities and fitness levels. We continually update our classes. Fitness class schedule is subject to change. Individual fitness classes are subject to cancellation. Please call our front desk at: (530) 587-9437 for the latest information.

Spinning:

This class offers a non-impact, highly effective way to build cardiovascular strength and endurance. Providing the perfect mix of hard work and great fun while burning up calories too. Class maximum is 14 participants.

RATES

MEMBERS

\$12 PER CLASS

\$100 10-PACK

\$449 1-YEAR UNLIMITED PASS

\$30 NEW MEMBER 30-DAY UNLIMITED

TRX® Training:

TRX Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility, and core stability.

GUESTS

\$16 PER CLASS

\$144 10-PACK*

*MUST HAVE GUEST CARD