

FOOTHILL ATHLETIC CLUB – GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 AM	Int. Cardio	Step	Int. Cardio	Step	Step / Weights		
08:00 AM			Mat Pilates				
08:30 AM	Beginner Step	Body Sculpting		Body Sculpting	Beginner Step		
09:00 AM			Int./Adv. Step				
09:30 AM		Mat Pilates		Adv. Step			
10:00 AM	Body Sculpting		Body Sculpting		Body Sculpting	Beginner Step	
10:30 AM							Int./Adv. Step
11:00 AM		Easy Yoga					
11:15 AM	Yoga			Yoga	Senior Aerobics	Yoga	
11:30 AM			Senior Aerobics				
03:30 PM							Yoga
05:15 PM	Beginner Hi/Lo	Step & Sculpting	Beginner Hi/Lo	Beginner Kick Fit	Beginner Kick Fit	<p>MAY–OCTOBER</p> <p>AQUA AEROBIC</p> <p>Mon-Wed-Fri 10:30 AM – 11:30 AM</p>	
06:30 PM	Weight Training	Beginner Pilates	Beginner Zumba	Adv. Body Sculpting			
07:30 PM				Easy Yoga	Adv. Zumba		
08:00 PM	Yoga		Yoga				

\$5 ZUMBA