

**LOS GATOS FITNESS - GROUP EXERCISE CLASS SCHEDULE**



You'll need a Spin Ticket for classes marked with this graphic. [Learn more..](#)

| TIME    | MONDAY   | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY   | SATURDAY                                | SUNDAY                      |
|---------|--|---|---|---|--|---|-----------------------------|
| 6:00am  |  | SPIN PARIS (45)                         |   | SPIN ANGELA (45)                        |  |   |                             |
| 7:00am  |  | YOGA I & II LINDA T. (75)               | YOGA BASICS I LINDA T. (75)             | YOGA I & II LINDA T. (75)               |  |   |                             |
| 7:15am  | CIRCUIT TRNG (45) CHRIS H.                               |   | CIRCUIT TRNG CHRIS H. (45) Circuit Room |   | CIRCUIT TRNG CHRIS H. (45) Circuit Room                  |   |                             |
| 7:30am  |  |   |   |   | QI GONG HARRY H.   |   |                             |
| 8:00am  |  |   |   |   |  | PILATES I & II CINDY B.                 | MEDITATION BEEM W.          |
| 8:15am  | CIRCUIT TRNG JERRY J. (45) Circuit Room<br>SPIN PATTY L. | CIRCUIT TRNG JERRY J. (45) Circuit Room | CIRCUIT TRNG JERRY J. (45) Circuit Room | CIRCUIT TRNG JERRY J. (45) Circuit Room | CIRCUIT TRNG JERRY J. (45) Circuit Room<br>SPIN PATTY L. | CIRCUIT TRNG CHRIS H. (45) Circuit Room |                             |
| 8:30am  | PILATES II & III JULIET S.                               |   | PILATES I & II CINDY B.                 |   | PILATES II & III JULIET S.                               |   |                             |
| 9:00am  |  |   |   |   |  |   | YOGA FLOW I & II REBECCA G. |
| 9:15am  |  |   | SPIN PATTY L.                           |   |  | SPIN STAFF                              |                             |
| 9:30am  | CARDIO FUSION DEBORAH Y.<br>SPIN ANGELA                  | YOGA I & II KAREN H.                    | CARDIO DANCE DEBORAH Y.                 |   | CIRCUIT TRNG JERRY J. (45)<br>SPIN MELISSA S.            |   |                             |
| 10:45am | BROADWAY DANCE! GENO T.                                  |   | BROADWAY DANCE! GENO T.                 |   |  |   |                             |
| 10:30am |  |   |   |   |  | ZUMBA! STAFF                            |                             |
| 11:00am | AQUA FITNESS MALINDA V.                                  | TOTAL BODY ENERGIZER LAURA B.           | AQUA FITNESS LORRAINE S.                | TOTAL BODY ENERGIZER LAURA B.           | AQUA FITNESS DEBBIE H.                                   |   |                             |
| 12:00pm |  | YOGA FLOW I & II KAREN H.               |   | YOGA FLOW I & II KAREN H.               |  |   |                             |
| 4:30pm  | CIRCUIT CONDITION JERRY J.                               | STEP/SCULPT BARBARA R. 45 MIN           | CIRCUIT CONDITION LAURA B.              | STEP/SCULPT BARBARA R. 45 MIN           |  |   |                             |
| 5:15pm  |  | PILATES II & III TANYA B.               |   | PILATES II & III KATHERINE K.           |  |   |                             |
| 5:30pm  | PILATES II & III JULIET S.                               |   | PILATES II & III JULIET S.              |   | YOGA I & II REBECCA G.                                   |   |                             |
| 6:00pm  |  |   |   |   |  |   |                             |
| 6:15pm  |  | ZUMBA! DANIELLE B.                      |   | ZUMBA! DANIELLE B.                      |  |   |                             |
| 6:30pm  | SPIN PARIS   | SPIN LUCIANA                            | SPIN PARIS D.                           |   |  |   |                             |
| 7:00pm  | YOGA I & II JODY H.                                      |   | YOGA I & II ERIC M.                     |   |  |   |                             |
| 7:30pm  |  | DANCE N-SUCH GENO T.                    |   | DANCE N-SUCH GENO T.                    |  |   |                             |

**ALL CLASSES ARE (1) ONE HOUR LONG UNLESS NOTED OTHERWISE Please call or email Deborah Yates ~ Fitness Director if you have any questions: [Deborah@losgatosfitness.com](mailto:Deborah@losgatosfitness.com) / 408.354.5808**