



# Fitness Class Schedule

1600 Mar West Street. Tiburon, Ca. 94920

415-937-5017

**\*NEW\* September 2016**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning Adult Classes						
6am Cycle & Abs  Rudy	6am Bootcamp  Dawn	6am Power Yoga  Capucine	6am Bootcamp  Dawn	6am Cycle & Abs  Rudy		
8am Bootcamp  Dawn	8:30am Bootcamp  Natalie	8am Cycle & Abs  Rudy	8:30am Bootcamp  Dawn	8am Circuit Blast  Dalton		8:30am Cycle & Abs  Amie
9am Power Yoga  Capucine	9:30am Zumba  Merris	9am Cardio Core Strength  Juliette	9:30am Cycle & Abs  Amie	9am Power Yoga  Capucine		9:30am Zumba  Merris
10am Circuit Blast  Dalton	10:30am Cycle & Abs  Julie C.	10am Power Yoga  Capucine	10:30am Power Yoga  Caroline	10am Piloxing  Merris		
12pm Strength & Stability  Brent		12pm Strength & Stability  Brent				
Afternoon Youth Classes						
	3-3:30pm *Special Pricing Basketball Clinic U8  Jon Kay	3:30-4pm *Special Pricing Basketball Clinic U8  Jon Kay		3pm Kids' Zumba  Jennifer		
4pm Tween's Sports Conditioning  Dalton	3:30-4:30pm *Special Pricing Basketball Clinic 9+  Jon Kay	4pm Kids's Zumba  Jennifer	4pm Tween's Sports Conditioning  Dalton	4pm Teen's Zumba  Jennifer		
	5pm Teen's Zumba  Jennifer	4-5pm *Special Pricing Basketball Clinic 9+  Jon Kay				
Member Classes	Non-Member Classes	55 Minute Classes		Pilates Reformer		
Drop-In \$14/hr	Drop-In \$20/hr	1st Class		Massage		
12-Pac \$144	12-Pac \$216	FREE!		Physical Therapy		
TPC Fitness/Spa Directors: JulietteR@tiburonpc.org & BrentR@tiburonpc.org				Personal Training 20% OFF a 3 Pack		