

A Sante Lakeside Fitness

Group Fitness Schedule

December 31st thru January 6th

530-583-4283 asantefitness.com

Hours of Operation: Mon- Thursday-5:30-9:00/Friday 5:30-8:00/Sat. & Sun. 7:00 am- 7:00 pm

Sunday Dec. 31st	Monday Jan. 1st	Tuesday Jan. 2nd	Wednesday Jan. 3rd	Thursday Jan. 4th	Friday Jan. 5th	Saturday Jan. 6th
Happy New Year Open 7-4	New Year's Day <u>Open 9-5</u> <u>Classes</u> <u>Cancelled</u>	<u>7:45-9:00</u> GENTLE YOGA Tammy G	<u>7:00-8:00</u> SPIN Katie P	<u>7:45-9:00</u> GENTLE YOGA Sarah	<u>7:00-8:00</u> SPIN Katie P	<u>7:45-8:45</u> SPIN Rich
<u>8:45-10:15</u> YOGA FOR TIGHT PEOPLE Tammy G		<u>9:15-10:15</u> BUTTS & GUTTS Vicki		<u>9:15-10:15</u> POWER/CARDIO/ STRENGTH Vicki	<u>9:15-10:15</u> CARDIO BLAST Vicki	
<u>11:00-12:30</u> Pole Fitness COMPETITORS ONLY Tammy L <u>Extra Charge</u>						
		<u>5-30-6:30</u> SPIN <u>Katie P</u>		<u>5-30-6:30</u> SPIN Rich		
			<u>7:00-8:30</u> Pole Fitness Beginner Pole All Welcome Tammy L <u>Extra Charge</u>		<u>6:00-7:30</u> Pole Fitness Open Pole All Welcome Tammy L <u>Extra Charge</u>	

Pilates Reformer Classes are now being offered for a small extra charge by Peggy Patterson. 707-494-6775