

GROUP EXERCISE CLASSES

JULY

Hercules Fitness 510-724-2900

Morning	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00am - 6:00am		Yoga 6:00am - 7:00am <i>Rachel</i>			Yoga 6:00am - 7:00am <i>Bruce</i>	Cycling 8:00am - 9:00am <i>Everett</i>	
9:00am-10:00am	TKB <i>Chrissy</i>	Step <i>Chrissy</i>	Yoga <i>Bruce</i>	Step <i>Chrissy</i>	Zumba <i>Diana</i>	Kickboxing 9:00am - 10:00am <i>Heidi</i>	Zumba <i>Heidi</i>
10:00am-11:00am	Power Pump <i>Chrissy</i>	Power Pump <i>Chrissy</i>	TKB <i>Norma</i>	Power Pump <i>Chrissy</i>	Yoga <i>Diana</i>	Yoga 10:00am - 11:00am <i>Bruce</i>	Total Body <i>Heidi</i>
11:00am - 12:00pm		Pilates <i>Bruce</i>	Zumba <i>Norma</i>	Pilates <i>Bruce</i>			PARENTS NIGHT OUT LAST FRIDAY OF EACH MONTH!
Noon	Pilates 12:30pm - 1:30pm <i>Surreyya</i>	Cycling <i>Rommel</i>	Pilates 12:30pm - 1:30pm <i>Surreyya</i>	Cycling <i>Surreyya</i>			
3:00pm - 4:00pm			Hip Hop Basics (fee) <i>Alfonso</i>		Hip Hop Basics (fee) <i>Alfonso</i>		
4:45pm - 5:45pm	Yoga <i>Diana</i>	Pilates <i>Gaby</i>	Zumba <i>Diana</i>	Cycling <i>Heidi</i>	Yoga <i>Bruce</i> 5:00pm - 6:00pm Power Kickboxing <i>Chris</i>	Karate Classes Mondays 7:45pm- 8:45pm Fridays 7:15pm- 8:15pm Kids Karate Classes Fridays 7:15pm- 8:15pm \$30 p/mnth or \$50 p/mnth	Inquire about Our Unlimited Personal Training \$99 per month
5:45pm - 6:45pm	Sculpting <i>Chrissy</i>	Cycling <i>Rommel</i>	Cycling <i>Rommel</i>	Yoga <i>Diana</i>	Karate (fee) <i>Norma</i> 6:15pm-7:15pm 7:15pm - 8:15pm Salsa lessons (fee) <i>Heidi & Michel</i>		
6:45pm - 7:45pm	TKB <i>Freddie</i>	Step <i>Heidi</i>	Sculpting <i>Ilia</i>	Basic Step <i>Heidi</i>			
7:45pm - 8:45pm	Karate (fee) <i>Norma</i>	Salsa <i>Michel</i>	Yoga <i>Bruce</i>	Latin Fusion <i>Norma</i>			

www.herculesfit.com

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