

GROUP EXERCISE CLASSES

March

Hercules Fitness 510-724-2900

Morning	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00am - 6:00am	Cycling <i>Robert</i>	Yoga 6:00am - 7:00am <i>Rachel</i>	Cycling <i>Robert</i>		Yoga 6:00am - 7:00am <i>Bruce</i>	Cycling 8:00am - 9:00am <i>Joann</i>	Pilates 8:00am - 9:00am <i>Surreyya</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>	Abtastic Voyage (Cardio Bellydancing) <i>Surreyya</i>
10:00am-11:00am	Power Pump <i>Chrissy</i>	Power Pump <i>Chrissy</i>	TKB (starts 3/17) <i>Norma</i>	Power Pump <i>Chrissy</i>	Yoga <i>Diana</i>	Yoga 10:00am - 11:00am <i>Bruce</i>	Step, Kick, & Sculpt 10am - 11:30am <i>Heidi</i>
11:00am - 12:00pm	F.I.T (complimentary) (Beginner) <i>Bryan</i>	Pilates <i>Bruce</i>	Zumba (starts 3/17) <i>Norma</i>	Pilates <i>Bruce</i>		Cycling 11:00am-12:00pm <i>Joann</i>	PARENTS NIGHT OUT LAST FRIDAY OF EACH MONTH!
Noon	Pilates <i>Pascha</i>	Cycling <i>Joann</i>	Pilates <i>Pascha</i>	Cycling <i>Joann</i>			
				Karate (fee) <i>Norma</i> 4:00pm - 4:45pm			
4:45pm - 5:45pm	Yoga <i>Diana</i>	Pilates <i>Pascha</i>	Zumba <i>Diana</i>	Cycling <i>Joann</i>	Yoga <i>Bruce</i> 5:00pm - 6:00pm		
5:45pm - 6:45pm	Sculpting <i>Joann</i>	Cycling <i>Joann</i>	Spin & Burn <i>Joann</i>	Yoga <i>Diana</i>	Power Kickboxing <i>Chris</i> 6:15pm-7:15pm		
6:45pm - 7:45pm	TKB <i>Freddie</i>	Step <i>Heidi</i>	Sculpting <i>Ilia</i>	Step <i>Heidi</i>	Karate (fee) <i>Norma</i> 7:15pm - 8:15pm		
7:45pm - 8:45pm	Karate (fee) <i>Norma</i>	Salsa <i>Michel</i>	Yoga <i>Bruce</i>	Salsa <i>Heidi</i>			

Karate Classes Mondays 7:45pm- 8:45pm Fridays 7:15pm- 8:15pm Kids Karate Classes Thursdays 4pm- 4:45pm \$30 p/mnth or \$50 p/mnth	Inquire about Our Unlimited Personal Training \$99 per month
Kids Club Hours Monday - Thursday 9am - 12pm / 4:30pm - 9pm Friday 9am - 12pm Saturday & Sunday 8am - 12pm	CLUB HOURS Mon - Thurs 5am - 10pm Friday 5am - 9pm Sat & Sun 7:30am - 8pm

www.herculesfit.com

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