

**JULY 2010**

**CLASS SCHEDULE**

	<b>GROUP FITNESS STUDIO</b>	<b>GROUP CYCLING STUDIO</b>	<b>PILATES STUDIO (fee based)</b>	<b>POOL</b>
<b>MONDAY</b>	9:00am <b>Power Strike</b> <i>Kelsey</i> 10:30am <b>Dance Party</b> <i>Laura</i>  3:30pm <b>Tai Kwon Do \$ ▲</b> <i>Jamal</i> 5:30pm <b>Iyengar Inspired Yoga</b> <i>Vairagya</i>	5:30am <b>Morning Spin Attack</b> <i>Linda</i> 9:00am <b>Cycling</b> <i>A.J.</i>  6:00pm <b>Cycling</b> <i>Michael</i>	9:15am <b>Reformer</b> <i>Sonya</i>	6-7am <b>Masters Swim Conditioning</b> 7-8am <b>OPEN SWIM</b> 8-9am <b>Jr. Swim Team</b> 9-9:30am <b>OPEN SWIM</b> 9:30am-12pm <b>Swim Lessor</b> 12-9:30pm <b>OPEN SWIM</b>
<b>TUESDAY</b>	5:30am <b>Morning Cardio Pump</b> <i>Linda</i> 9:00am <b>Cardio Sculpt Remix</b> <i>Geri</i> 10:30am <b>Mat Pilates I</b> <i>Mary</i> 12:00pm <b>Cardio Lunch Recess</b> <i>Kelsey</i> 3:30pm <b>Advanced Tai Kwon Do \$</b> <i>Jamal</i> 5:45pm <b>Spinlates (1.5 Hours)</b> <i>Sonya</i> 6:45pm <b>Vinyasa Flow Yoga</b> <i>Helaine</i>	8:45am <b>1.5 Hour Endurance Spin</b> <i>Marci</i>  5:00pm <b>Spinlates (1.5 Hours)</b> <i>Sonya</i>	9:15am <b>Reformer</b> <i>Emily</i> 10:30am <b>Reformer</b> <i>Emily</i>	6-8am <b>OPEN SWIM</b> 8-9am <b>Aquacise R</b> 9-9:30am <b>OPEN SWIM</b> 9:30am-12pm <b>Swim Lessor</b> 12-6pm <b>OPEN SWIM</b> 6-7pm <b>Junior Swim</b> 7-9:30pm <b>OPEN SWIM</b>
<b>WEDNESDAY</b>	9:00am <b>Impact Strength Fusion I</b> <i>Dina</i> 10:30am <b>Cardio Evolution</b> <i>Sonya</i> 5:00pm <b>Vinyasa Flow Yoga</b> <i>Helaine</i>	5:30am <b>Morning Spin Attack</b> <i>Linda</i> 9:15am <b>Cycling</b> <i>Sonya</i>  6:00pm <b>Cycling</b> <i>Michael</i> 6:00pm <b>Cycling</b> <i>Michael</i>	9:15am <b>Reformer</b> <i>Emily</i>	6-7am <b>Masters Swim Conditioning</b> 7-8am <b>OPEN SWIM</b> 8-9am <b>Jr. Swim Team</b> 9-9:30am <b>OPEN SWIM</b> 9:30am-12pm <b>Swim Lessor</b> 12-9:30pm <b>OPEN SWIM</b>
<b>THURSDAY</b>	5:30am <b>Progressive Pilates</b> <i>Sonya</i> 9:00am <b>Zumba®</b> <i>Roxane</i> 10:15am <b>Chiseled Abs</b> <i>Roxane</i> 12:00pm <b>Cardio Lunch Recess</b> <i>Geri</i>  5:30pm <b>Mat Pilates II-III</b> <i>Sonya</i>	8:45am <b>Cycling</b> <i>Marci</i>  6:00pm <b>Cycling</b> <i>Nikki</i>		6-8am <b>OPEN SWIM</b> 8-9am <b>Aquacise R</b> 9-9:30am <b>OPEN SWIM</b> 9:30am-12pm <b>Swim Lessor</b> 12-6pm <b>OPEN SWIM</b> 6-7pm <b>Junior Swim</b> 7-9:30pm <b>OPEN SWIM</b>
<b>FRIDAY</b>	5:30am <b>Yoga Awakening</b> <i>Helaine</i> 9:00am <b>Impact Strength Fusion II</b> <i>Dina</i> 10:30am <b>Freaky Friday</b> <i>Varies</i>	9:30am <b>Cycling</b> <i>Erin</i>	9:15am <b>Reformer</b> <i>Sonya</i>	6-7am <b>Masters Swim Conditioning</b> 7-9am <b>OPEN SWIM</b> 9-9:30am <b>Tiny Turtles (</b> 9:30-11am <b>Group Swim</b> 12-9:30pm <b>OPEN SWIM</b>
<b>SATURDAY</b>	TBD <b>Power Walk</b> <i>John</i> 8:00am <b>Russian Circuit</b> <i>Rick</i> 10:00am <b>Mat Pilates I</b> <i>Mary</i>	9:00am <b>Spin Attack</b> <i>Patti/Julie</i>	9:30am <b>Reformer</b> <i>Emily/Venona</i>	7-8:30am <b>OPEN SWIM</b> 8:30-9:30am <b>Aquacise M</b> 9:30-10:30am <b>OPEN SWIM</b> 10:30-11am <b>Tiny Turtles (</b> 11am-6:30pm <b>OPEN SWIM</b>
<b>SUNDAY</b>	8:30am <b>Gentle Vinyasa Flow (1.5 Hours)</b> <i>Mara</i> 10:30am <b>Tai Kwon Do \$ ▲</b> <i>Jamal</i> 11:30am <b>Tai Kwon Do \$ ▲</b> <i>Jamal</i> (90 minute class)	<b>CLASS KEY</b> All classes are one hour long except where noted ▲ This is a class for kids \$ This is a fee based class/program		7am-6:30pm <b>OPEN SWIM</b>

**CLUB HOURS**

Weekdays 5:30am - 10:00pm  
Weekends 7:00am - 7:00pm

**POOL HOURS**

Weekdays 6:00am - 9:00pm  
Weekends 7:00am - 6:30pm

**KIDS CLUB HOURS**

Weekdays 8:30am - 12:30pm & 3:30pm - 8:30pm  
Weekends 8:30am - 12:30pm



**PETALUMA VALLEY  
ATHLETIC CLUB**

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(9/16/23)

**Lessons**

lary

(10/17/24)

:00pm

