



## Group Exercise - Class Schedule

Club Hours: Monday - Friday: 5:30am-11:00pm  
Saturday/Sunday: 7:00am - 7:00pm

2227 Mariner Square Loop - Alameda - CA - 94501

510-523-8011

www.marinersq.com

Effective: April 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
9:00-10:00	<b>Cardio Splash</b> Jamie Pool	6:30-7:15	<b>Spin Attack</b> Kevin CS	6:30-7:15	<b>Power Spin</b> Jean Claude CS	6:30-7:15	<b>Spin Attack</b> Kevin CS	9:00-10:00	<b>Cardio Splash</b> Suzan Pool	8:30-9:30	<b>Bootcamp Express</b> Alana S1
9:15-10:15	<b>Pilates-Reformer \$</b>	9:00-10:00	<b>Step</b> Sharon S1	9:15-10:15	<b>Pilates-Reformer \$</b>	9:00-10:00	<b>Yoga</b> Carl S3	9:15-10:15	<b>Pilates Mat</b> Robert S1	9:30-10:30	<b>Urban Kick</b> Hillary S1
9:00-10:00	<b>Zumba</b> Denise S1	9:00-10:00	<b>Yoga</b> Carl S3	9:00-10:00	<b>Cardio Splash</b> TBD Pool	9:30-10:30	<b>Zumba</b> Lynda S1	10:30-11:30	<b>Gentle Conditioning</b> Sharon S2	9:15-10:15	<b>Spin Attack</b> Gary CS
10:00-11:00	<b>Strength &amp; Conditioning</b> Gaby CF	10:00-11:00	<b>Body Sculpt</b> Sharon S1	9:30-10:30	<b>Dance 'N Tone</b> Carol T. S1	10:00-11:00	<b>Aqua Zumba</b> Michele San Pool	10:30-11:30	<b>Zumba</b> Eduardo S1	9:15-10:15	<b>Pilates - Bone Springboard \$</b>
10:30-11:30	<b>Pilates Mat</b> Robert S1	10:00-11:00	<b>H2O Aerobics</b> Kelvin Pool	10:00-11:00	<b>Strength &amp; Conditioning</b> Gaby CF	10:30-11:30	<b>Body Sculpting</b> Kelvin S1	11:00-12:00	<b>Circuit Training</b> Kelvin CF	9:30-10:30	<b>Pilates-Reformer \$</b>
11:00-12:00	<b>Gentle Conditioning</b> Sharon S2	10:00-11:00	<b>Reposture Revitalize</b> Ann S2	10:30-11:30	<b>Gentle Conditioning</b> Sharon S2	10:30-11:30	<b>Gentle Stretch</b> Sharon S2	11:45-12:20	<b>Walking Aerobics</b> Sharon S3	10:30-11:30	<b>Zumba</b> Carole S1
12:00-1:00	<b>Zumba</b> Michele San S2	11:00-12:00	<b>Gentle Stretch</b> Sharon S1	10:30-11:30	<b>PiYo</b> Eduardo S1	12:00-1:00	<b>Yoga</b> Lin S1	12:00-12:45	<b>Spin</b> Kevin CS	10:40-11:30	<b>Pilates Mat</b> Cathyn S2
12:00-1:00	<b>Yoga</b> Carla S1	12:00-1:00	<b>Pilates-Reformer \$</b>	12:00-1:00	<b>Yoga</b> Lin S1	12:00-1:00	<b>Power Spin</b> Jean Claude CS	12:00-1:00	<b>Zumba</b> Michele San S2	11:30-12:30	<b>Zumba \$</b> Eduardo S1
12:00-12:45	<b>Spin</b> Jackie CS	12:00-12:45	<b>Power Spin</b> Jean Claude CS	12:00-12:45	<b>Power Spin</b> Jean Claude CS	12:00-12:45	<b>Power Spin</b> Jean Claude CS	12:30-1:30	<b>Yoga</b> Lin S1		
12:15-12:50	<b>Walking Aerobics</b> Sharon S3	12:00-1:00	<b>World Rhythms</b> Roger S2	12:00-1:00	<b>Zumba</b> Michele S2	3:30-4:30	<b>Pilates-Reformer \$</b>				
1:15-2:00	<b>Gentle Aqua</b> Jamie Pool	12:30-1:30	<b>Zumba \$</b> Eduardo S1	1:15-2:00	<b>Gentle Aqua</b> TBD Pool	4:30-5:30	<b>Yoga</b> Lin S1	1:15-2:00	<b>Gentle Aqua</b> Carol T. Pool		
5:00-6:00	<b>Cardio Sculpt</b> Thomas S1	4:30-5:30	<b>Yoga</b> Lin S1	5:00-6:00	<b>Body Sculpting</b> Kelvin S1	5:00-6:00	<b>Cardio Sculpt &amp; Core</b> Norlisha S2	6:00-7:00	<b>H2O Aerobics</b> Tina Pool	8:30-9:30	<b>Power Spin 1</b> Jean Claude CS
6:00-7:00	<b>Aqua Zumba</b> Carol T. Pool	5:30-6:30	<b>Total Body Barre</b> Lynda S1	6:00-7:00	<b>Pilates-Reformer \$</b>	5:30-6:30	<b>Pilates Mat</b> Stefanie S1	6:00-7:00	<b>Restorative Yoga Flow</b> Carla S1	9:30-10:30	<b>Power Spin 2</b> Jean Claude CS
6:00-7:00	<b>Yoga</b> Carla S1	5:30-6:30	<b>Pilates Mat</b> Robert S3	6:00-6:45	<b>Racquetball Clinic</b> 1st Wed. of each month	6:00-7:00	<b>Aqua Power Hour</b> Eduardo Pool	7:00-8:00	<b>Zumba \$</b> Eduardo S1	9:30-11:00	<b>Revitalizing Yoga</b> Roxanne S3
6:00-7:00	<b>Spin Attack</b> Gary CS	5:30-6:30	<b>Bootcamp</b> Alana S2	6:00-7:00	<b>H2O Aerobics</b> Tina Pool	6:00-7:00	<b>Power Spin</b> Jean Claude CS			9:30-10:30	<b>HIIT &amp; Burn</b> Jamie S1
6:30-7:30	<b>Kids Karate \$</b> Ru S2	6:00-7:00	<b>Power Spin</b> Jean Claude CS	6:00-7:00	<b>Asana Yoga</b> Kiko S1	6:00-7:00	<b>Step Combo</b> Thomas S1				
7:00-8:00	<b>Bootcamp \$</b> Eduardo S1	6:00-7:00	<b>H2O Aerobics</b> Tina Pool	6:00-7:00	<b>Spin Attack</b> Gary CS	7:00-8:00	<b>Pilates-Reformer \$</b>				
7:30-9:00	<b>Karate</b> Grant S2	6:30-7:30	<b>Strong by Zumba</b> Dana S3	7:00-8:00	<b>Bootcamp \$</b> Eduardo S1	6:30-7:30	<b>Kids Karate \$</b> Ru S3				
7:30-8:30	<b>Pilates-Reformer \$</b>	6:30-7:30	<b>Zumba</b> Minerva S2	6:30-7:30	<b>Kids Karate \$</b> Ru S3	7:30-9:00	<b>Karate</b> Grant S2				
		7:00-8:00	<b>Pilates-Reformer \$</b>								
		7:00-8:00	<b>Zumba \$</b> Eduardo S1								

### SUNDAY

8:30-9:30	<b>Power Spin 1</b> Jean Claude CS
9:30-10:30	<b>Power Spin 2</b> Jean Claude CS
9:30-11:00	<b>Revitalizing Yoga</b> Roxanne S3
9:30-10:30	<b>HIIT &amp; Burn</b> Jamie S1



See CrossFit schedule  
for current classes & demos.

Kid's Corner is available to  
Children ages 8 weeks and up.  
We offer loving & experienced  
care while you workout!  
Available: Mon-Fri  
8:50am-1:30pm, 3:50-8:00pm  
Sat: 8:50am-1:30pm  
Sun: CLOSED

Legend	
S1	- Studio 1 (second floor)
S2	- Studio 2 (first floor)
S3	- Studio 3 (first floor)
CF	- CrossFit Studio
CS	- Cycling Studio
SB	- Springboard Studio (second floor)
\$	- Fee based. Register at Courtesy Desk