



## 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**  
April 2019  
[www.marinersq.com](http://www.marinersq.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 <b>Spin Attack</b> Kelvin CS	9:00-10:00 <b>Step</b> Sharon S1	6:30-7:15 <b>Power Spin</b> Jean Claude CS	9:00-10:00 <b>Yoga</b> Carl S3	9:00-10:00 <b>Cardio Splash</b> Suzan Pool	8:30-9:30 <b>Bootcamp Express</b> Tracie S1
9:00-10:00 <b>Cardio Splash</b> Dana Pool	9:00-10:00 <b>Yoga</b> Carl S3	9:00-10:00 <b>Cardio Splash</b> Michele Pool	9:30-10:30 <b>Pilates-Reformer \$</b>	9:15-10:15 <b>Pilates Mat</b> Robert S1	9:30-10:30 <b>Urban Kick</b> Hillary S1
9:30-10:30 <b>Pilates-Reformer \$</b>	10:00-11:00 <b>Body Sculpt</b> Sharon S1	9:00-10:00 <b>Dance 'N Tone</b> Denise S1	9:30-10:30 <b>Zumba</b> TBD S1	10:30-11:30 <b>Gentle Conditioning</b> Sharon S2	9:15-10:15 <b>Spin Attack</b> Gary CS
9:00-10:00 <b>Zumba</b> Denise S1	10:00-11:00 <b>H2O Aerobics</b> Kelvin Pool	10:00-11:00 <b>Strength &amp; Conditioning</b> Heather CF	10:00-11:00 <b>Aqua Zumba</b> Michele San Pool	10:30-11:30 <b>Zumba</b> Eduardo S1	9:30-10:30 <b>Pilates-Reformer \$</b>
10:00-11:00 <b>Strength &amp; Conditioning</b> Heather CF	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>Body Sculpting</b> Kelvin S1	11:00-12:00 <b>Circuit Training</b> Kelvin CF	10:30-11:30 <b>Zumba</b> Carole S1
10:30-11:30 <b>Pilates Mat</b> Robert S1	11:00-12:00 <b>Gentle Stretch</b> Sharon S1	10:30-11:30 <b>PiYo</b> Eduardo S1	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>Pilates-Reformer \$</b>
11:00-12:00 <b>Gentle Conditioning</b> Sharon S2	12:00-12:45 <b>Power Spin</b> Jean Claude CS	12:00-1:00 <b>Yoga</b> Lin S1	12:00-1:00 <b>World Rhythms</b> Roger S2	12:00-12:45 <b>Spin</b> Kelvin CS	10:30-11:30 <b>Pilates Mat</b> Cathyn S2
12:00-1:00 <b>Zumba</b> Michele San S2	12:00-1:00 <b>World Rhythms</b> Roger S2	12:00-12:45 <b>Power Spin</b> Jean Claude CS	12:00-12:45 <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
12:00-1:00 <b>Yoga</b> Carla S1	12:30-1:30 <b>Zumba \$</b> Eduardo S1	12:00-1:00 <b>Zumba</b> Michele S2	3:30-4:30 <b>Pilates-Reformer \$</b>	12:30-1:30 <b>Yoga</b> Lin S1	
12:00-12:45 <b>Spin</b> Jackie CS	4:30-5:30 <b>Yoga</b> Lin S1	1:15-2:00 <b>Gentle Aqua</b> Patty Pool	4:30-5:30 <b>Yoga</b> Lin S1	1:15-2:00 <b>Gentle Aqua</b> Dana Pool	<b>SUNDAY</b>
12:15-12:50 <b>Walking Aerobics</b> Sharon S3	5:30-6:30 <b>Total Body Barre</b> Lynda S1	5:00-6:00 <b>Body Sculpting</b> Norlisha S1	5:30-6:30 <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
1:15-2:00 <b>Gentle Aqua</b> Michele San Pool	5:30-6:30 <b>SHRED *new class*</b> Heather S2	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
5:00-6:00 <b>Cardio Sculpt</b> Thomas S1	5:30-6:30 <b>Pilates Mat</b> Robert S3	6:00-6:45 <b>Racquetball Clinic</b> (by request only)	6:00-7:00 <b>Aqua Power Hour</b> Eduardo Pool	6:00-7:00 <b>Restorative Yoga Flow</b> Carla S1	9:30-10:30 <b>Restorative Yoga</b> Carla S1
6:00-7:00 <b>Yoga</b> Carla S1	6:00-7:00 <b>Power Spin</b> Jean Claude CS	6:00-7:00 <b>H2O Aerobics</b> Tina Pool	6:00-7:00 <b>Power Spin</b> Jean Claude CS	7:00-8:00 <b>Zumba \$</b> Eduardo S1	9:30-10:30 <b>HIIT &amp; Burn</b> Heather S2
6:00-7:00 <b>Spin Attack</b> Gary CS	6:00-7:00 <b>H2O Aerobics</b> Tina Pool	6:00-7:00 <b>Yoga</b> Carl S1	6:30-7:30 <b>Step Combo</b> Thomas S1		
6:30-7:30 <b>Kids Karate \$</b> Ru S2	6:30-7:30 <b>Zumba</b> Minerva S2	6:00-7:00 <b>Spin Attack</b> Gary CS			
7:00-8:00 <b>Bootcamp \$</b> Eduardo S1	5:00-6:00 <b>Pilates-Reformer \$</b>	7:00-8:00 <b>Bootcamp \$</b> Eduardo S1			
7:30-9:00 <b>Karate</b> Grant S2	7:00-8:00 <b>Zumba \$</b> Eduardo S1	6:30-7:30 <b>Kids Karate \$</b> Ru S3			
		7:30-9:00 <b>Karate</b> Grant S2			

Discover. Navigate. Succeed.

CROSSFIT

MARINER SQUARE

See CrossFit schedule  
for current classes & demos.

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

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