



### 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](http://www.marinersq.com)

Effective: February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30 Body Pump Michele San S1	9:00-10:00 Zumba Lucy S1	6:30-7:30 Body Pump Michele San S1	9:00-10:00 Yoga Carl S3	9:00-10:00 Cardio Splash Suzan Pool	8:30-9:30 Body Pump Michele San S1
9:00-10:00 Cardio Splash Dana Pool	9:00-10:00 Yoga Carl S3	6:30-7:15 Power Spin Jean Claude CS	9:30-10:30 Pilates Aparatus \$ Eduardo S1	9:15-10:15 Pilates Mat Robert S1	9:15-10:15 Yoga Cat S3
9:30-10:30 Pilates Aparatus \$ Denise S1	10:00-11:00 Body Sculpt Sharon S1	9:00-10:00 Cardio Splash Michele San Pool	10:00-11:00 Aqua Zumba Michele San Pool	10:30-11:30 Gentle Conditioning Sharon S2	9:15-10:15 Pilates Aparatus \$ 9:30-10:30 Pilates Aparatus \$
10:00-11:30 Strength & Conditioning Rebecca CF	10:00-11:00 H2O Aerobics Kelvin Pool	9:00-10:00 Dance 'N Tone Denise S1	10:30-11:30 Body Sculpting Kelvin S1	10:30-11:30 Zumba Eduardo S1	9:30-10:30 Strong Dana S1
10:30-11:30 Pilates Mat Robert S3	10:00-11:00 Reposture Revitalize Ann S2	10:00-11:30 Strength & Conditioning Rebecca CF	10:30-11:30 Gentle Stretch Sharon S2	11:00-12:00 Circuit Training Kelvin CF	10:30-11:30 Pilates Mat Cathyn S2
11:00-12:00 Gentle Conditioning Sharon S2	11:00-12:00 Gentle Stretch Sharon S1	10:30-11:30 Gentle Conditioning Sharon S2	12:00-12:40 Power Spin Jean Claude CS	11:45-12:20 Walking Aerobics Sharon S1	10:30-11:30 Zumba Carole S1
12:00-1:00 Zumba Michele San S2	12:00-1:00 World Rhythms Roger S2	10:30-11:30 PIYo Eduardo S1	3:30-4:30 Pilates-Aparatus \$ Lin S3	12:00-12:40 Spin Kelvin CS	11:30-12:30 Zumba \$ Eduardo S1
12:00-1:00 Yoga Carla S3	12:00-12:40 Power Spin Jean Claude CS	12:00-1:00 Yoga Lin S3	4:30-5:30 Yoga Lin S3	12:00-1:00 Zumba Michele San S2	<b>SUNDAY</b>
12:15-12:50 Walking Aerobics Sharon S1	12:30-1:30 Zumba \$ Eduardo S1	12:00-1:00 Zumba Michele San S2	5:30-6:30 Cardio Sculpt & Core Norlisha S2	12:30-1:30 Yoga Lin S3	8:30-9:30 Power Spin 1 Jean Claude CS
1:15-2:00 Gentle Aqua Michele San Pool	3:30-4:30 Pilates Aparatus \$ Lin S3	1:15-2:00 Gentle Aqua Patty Pool	5:30-6:30 Pilates Mat Stefanie S3	1:15-2:00 Gentle Aqua Dana Pool	9:30-10:30 Restorative Yoga Carla S3
5:00-6:00 Cardio Step & Dance Thomas S1	4:30-5:30 Yoga Lin S3	5:00-6:00 Body Sculpting Norlisha S1	6:00-7:00 Aqua Power Hour Eduardo Pool	6:00-7:00 Restorative Yoga Flow Carla S3	9:30-10:30 HIIT & Burn Summer S2
6:00-7:00 Pilates Aparatus \$ Carla S3	5:30-6:30 Total Body Barre Antoinette S1	6:00-7:00 Pilates Aparatus \$ Norlisha S1	6:00-7:00 Power Spin Jean Claude CS	7:00-8:00 Zumba \$ Eduardo S1	
6:00-7:00 Yoga Carla S3	5:30-6:30 Cardio Sculpt & Core Norlisha S2	6:00-6:45 Racquetball Clinic (by request only)	7:00-8:00 Body Pump Michele San S1		
6:30-7:30 Kids Karate \$ Ru S2	6:00-7:00 Power Spin Jean Claude CS	6:00-7:00 H2O Aerobics Tina Pool			
7:00-8:00 y Pump Michele San S1	6:00-7:00 H2O Aerobics Tina Pool	6:00-7:00 Yoga Carl S3			
7:30-9:00 Karate Grant S2	6:30-7:30 Zumba Minerva S2	6:30-7:30 Kids Karate \$ Ru S2			
	5:00-6:00 Pilates-Reformer \$ Eduardo S1	7:30-9:00 Karate Grant S2			
	7:00-8:00 Zumba \$ Eduardo S1				

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



Discover. Navigate. Succeed.  
**CROSSFIT**  
 MARINER SQUARE  
 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

AQUA
MIND/BODY
CYCLING
CARDIO
TOTAL BODY
SCULPT/DEFINE