



Las Sendas

TRAILHEAD ATHLETIC CLUB

Sept/Oct GROUP-X Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am BOOT CAMP Annette		5:15 am BODY PUMP Delia		5:15 am STEP & SCULPT Jo Lynn	
8:00 am CARDIO CARVE Meg	7:45 am PILATES Meg		7:45 am PILATES Meg	7:00 am JUMP FORCE Lee	8am BODY PUMP Lee
9:00 am BODY PUMP Delia	9:00 am WATER Annette	9:00 am BOOT CAMP Dawn	9:00 am WATER Bev	8:00-10:00am(OCT) OUTDOOR TREK Bev	9:15 am YOGA Kartar
10:15 am MEDITATION Jolanta	9:00 am CORE PERFORMANCE Bev/Dawn	10:15 am YOGA Jolanta	9:00 am GLUTES & MORE Barb	9:00 am ZUMBA TONE Mayuly	
5:15 pm BODY PUMP Rachael		5:30 pm PILATES CORE Meg	5:00 pm FLEX & STRETCH Lee	10:15 am YOGA Kartar	
6:30 pm ZUMBA Kristin			6:00 pm BODY PUMP Lee	4:30 pm BODY PUMP Rachael	

All classes are 1 hour in length unless noted otherwise.

www.thetrailhead.org