

Tehama Family Fitness Center - Class Schedule for Autumn 2008

|          | Monday   | Tuesday   | Wednesday                                       | Thursday   | Friday   | Saturday                                  |
|----------|--|---|---|--|--|---|
| Early    | Spin 6:00-7:00<br>Deb                            | Spin 6:15-7:00<br>Tami                          | Spin 6:00-7:00<br>Deb                           | Spin 6:15-7:00<br>Tami                           | Spin 6:00-7:00<br>Deb                            |   |
|          | Tai Chi 7:30 -8:30<br>Kevin<br>Racquet Court     | Tai Chi 7:30 -8:30<br>Kevin<br>Racquet Court    | Tai Chi 7:30 -8:30<br>Kevin<br>Racquet Court    | Tai Chi 7:30 -8:30<br>Kevin<br>Racquet Court     | Tai Chi 7:30 -8:30 Kevin<br>Racquet Court        |   |
| 8:00 am  | Circuit Train<br>8:00-9:00<br>Tammie Circuit Rm  | Circuit Train<br>8:00-9:00<br>Tammie Circuit Rm | Circuit Train<br>8:00-9:00<br>Tammie Circuit Rm | Circuit Train<br>8:00-8:30<br>Tammie Circuit Rm  | Circuit Train<br>8:00-9:00<br>Tammie Circuit Rm  |   |
|          | Spin 8:30-9:15<br>Theresa                        | Spin 8:30-9:15<br>Dana                          | Spin 8:30-9:15<br>Tonya                         | Spin 8:30-9:15<br>Tammie                         | Spin 8:30-9:15<br>Tonya                          | Spin 8:30-9:30<br>Instructor              |
| 9:00 am  | Step and Tone<br>9:00-10:00<br>Tammie Gym        | Cardio Circuit 9:00-10:00<br>Kevin Circuit rm   | Zumba<br>9:00-10:00 Maressa<br>Gym              | Cardio Circuit<br>9:00-10:00 Kevin<br>Circuit rm | Zumba / Step<br>9:00-10:00<br>Tami / Maressa gym | 9:00-10:00<br>Step and Tone<br>Cindy, Gym |
|          | Tai Chi<br>9:00-10:00<br>Kevin, Studio           | Bod-A Pump<br>9:15-10:15<br>Theresa             | Tai Chi<br>9:00 -10:00<br>Kevin, Studio         | Bod-A Pump<br>9:15-10:15<br>Dana gym             | Tai Chi<br>9:00 -10:00<br>Kevin, Studio          | Tai Chi<br>9:30-11:00<br>Mike, Studio     |
| 10:00 am | Mat Pilates<br>10:15-11:00<br>Jami Studio        | Zumba Gold<br>10:15-11:00<br>Maressa<br>Studio  | Mat Pilates<br>10:15-11:00<br>Jami Studio       | Zumba Gold 10:15-11:00<br>Maressa<br>Studio      | Mat Pilates<br>10:15-11:00<br>Jami Studio        |   |
|          | Tai Chi<br>10:30-11:30<br>Kevin Circuit Rm       |   | Tai Chi 10:30-11:30<br>Kevin<br>Circuit Rm      | Kickboxing 10:30-11:30<br>Kevin                  | Tai Chi 10:30-11:30<br>Kevin<br>Circuit Rm       |   |
|          |  | Kickboxing 10:30-11:30 Kevin                    |   |  |  |   |
| 11:00 am | Basic Tai Chi 11:45-12:45<br>Kevin<br>Circuit rm | 11:10-12:10<br>Gentle Moving<br>Julie studio    |   | Hip Hop Sweat<br>11:15-12:00<br>Maressa Gym      | Basic Tai Chi 11:45-12:45<br>Kevin<br>Circuit rm | Yoga<br>11:00-12:15<br>Mike, Studio       |
| 12:00 pm | Spin 12:15-12:45<br>Tammie                       | Spin 12:15-12:45<br>Theresa                     | Spin 12:15-12:45<br>Tammie                      | Spin 12:15-12:45<br>Jami                         | Spin 12:15-12:45<br>Tami                         |   |
|          | Abalicious<br>12:15-12:45<br>Cindy Gym           | Body Sculpt<br>12:15-12:45<br>Troy Gym          | Body Sculpt<br>12:15-12:45<br>Troy Gym          | Body Sculpt<br>12:15-12:45<br>Theresa Gym        |  |   |
|          |  |   |   | Gentle Moving<br>12:15-1:00<br>Beau studio       |  |   |
| 4:00     |  |   |   |  |  |   |
|          | Spin 5:30-6:00<br>Roxanne                        | Spin 5:30-6:15<br>Roxanne                       | Spin 5:30-6:00<br>Roxanne                       | Spin 5:30-6:15<br>Theresa                        | Spin 5:30-6:15<br>Roxanne                        |   |
|          | Butts and Guts<br>5:30-6:00<br>Tonya             | Zumba<br>5:30-6:30<br>Maressa Gym               | Butts and Guts<br>5:30-6:00<br>Tonya            | Zumba<br>5:30-6:30<br>Maressa Gym                | Hip Hop Sweat<br>5:15-6:15<br>Maressa Gym        |   |
|          | Circuit Training<br>5:30-6:30<br>Tammie          | Yoga<br>5:30-6:45<br>Mike, Studio               | Power Yoga<br>5:30-6:15<br>Lauren, Studio       | Yoga<br>5:30-6:45<br>Mike, Studio                |  |   |
|          |  |   | Circuit Training<br>5:30-6:30<br>Tammie         |  |  |   |
| 6:00 pm  | Spin 6:10-6:45<br>Roxanne                        | Ab Blast<br>6:30-7:00<br>Christi Gym            | Tai Chi 6:30-7:30<br>Mike, Studio               | Ab Blast<br>6:30-7:00<br>Christi Gym             |  |   |
|          | Kickboxing<br>6:15-7:15<br>Matt & Tonya Gym      |   | Spin 6:10-6:45<br>Roxanne                       |  |  |   |
|          |  |   | Kickboxing 6:15-7:15<br>Matt & Tonya Gym        |  |  |   |
| 7:00 pm  | Hip Hop<br>Maressa<br>6:45-7:30<br>Circuit Room  |   | Hip Hop<br>Maressa<br>6:45-7:30<br>Circuit Room |  |  |   |
|          |  | Spin 7:15-8:00<br>Allyson                       |   | Spin 7:15-8:00<br>Dana                           |  |   |

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### Spinning Schedule

| Monday                | Tuesday                | Wednesday             | Thursday              | Friday               | Saturday                 |
|-----------------------|------------------------|-----------------------|-----------------------|----------------------|--------------------------|
| 6:00-7:00<br>Deb      | 6:15-7:00<br>Tami      | 6:00-7:00<br>Deb      | 6:15-7:00<br>Tami     | 6:00-7:00<br>Deb     |                          |
| 8:30-9:15<br>Theresa  | 8:30-9:15<br>Dana      | 8:30-9:15<br>Tonya    | 8:30-9:15<br>Dana     | 8:30-9:15<br>Tonya   | 8:30-9:30<br>Instructor  |
| 12:15-12:45<br>Tammie | 12:15-12:45<br>Theresa | 12:15-12:45<br>Tammie | 12:15-12:45<br>Tammie | 12:15-12:45<br>Tami  | 9:30-10:30<br>Instructor |
| 5:30-6:00<br>Roxanne  | 5:30-6:15<br>Roxanne   | 5:30-6:00<br>Roxanne  | 5:30-6:15<br>Theresa  | 5:30-6:15<br>Roxanne |                          |
| 6:00-6:45<br>Roxanne  | 7:15-8:00<br>Allyson   |                       | 7:15-8:00<br>Dana     |                      |                          |

### Mind and Body Classes

|         | Monday  | Tuesday  | Wednesday  | Thursday                                       | Friday  | Saturday                             |
|---------|---|--|--|--|---|--------------------------------------|
| Morning | 7:30-8:30<br>Tai Chi<br>Kevin<br>Racquet Ball<br>Court  | 7:30-8:30<br>Tai Chi<br>Kevin<br>Racquet Court | 7:30-8:30<br>Tai Chi<br>Kevin<br>Racquet Court     | 7:30-8:30<br>Tai Chi<br>Kevin<br>Racquet Court | 7:30-8:30<br>Tai Chi<br>Kevin<br>Racquet Court  | 9:30-11<br>Tai Chi<br>Mike<br>Studio |
|         | 9:00-10:00<br>Tai Chi<br>Kevin<br>Racquet Ball<br>Court |  | 9:00-10:00<br>Tai Chi<br>Kevin<br>Racquet Court    |  | 9:00-10:00<br>Tai Chi<br>Kevin<br>Racquet Court |                                      |
|         | 10:15-11:00<br>Mat Pilates<br>Jami<br>Studio            |  | 10:15-11:00<br>Mat Pilates<br>Instructor<br>Studio |  | 10:15-11:00<br>Mat Pilates<br>Jami<br>Studio    |                                      |
|         | 10:30-11:30<br>Tai Chi<br>Kevin<br>Circuit Room         |  | 10:30-11:30<br>Tai Chi<br>Kevin<br>Circuit Room    |  |   | 11-12:15<br>Yoga<br>Mike<br>Studio   |
|         | 11:45-12:45<br>Basic Tai Chi<br>Kevin<br>Studio         |  |  |  | 11:45-12:45<br>Basic Tai Chi<br>Kevin<br>Studio |                                      |
| Evening |   | 5:30-6:45<br>Yoga<br>Mike<br>Studio            | 5:30-6:15<br>Power Yoga<br>Lauren<br>Studio        | 4:30-5:15<br>Mat Pilates<br>Jami<br>Studio     |   |                                      |
|         |   |  | 6:30-7:30<br>Tai Chi<br>Mike<br>Studio             | 5:30-6:45<br>Yoga<br>Mike<br>Yoga Room         |   |                                      |

Fitness Class Schedule for Autumn 2008

Tehama Family Fitness Center

2498 South Main Street, Red Bluff, CA 96080. Phone: 530-528-8656 10/23/2008

Website: <http://www.tehamafamilyfitness.com/index.htm>. Blog: <http://www.tehamafamilyfitness.com/news/>