

MONDAY 12

9am
Monday Morning
Stretch
w/ Sadira

10:30am
Zumba Toning
w/ Nannette
****In Person + Zoom****
706 Alfred Noble Drive
Hercules, CA

1pm
Zumba
w/ Carah

TUESDAY 13

9:30am
Cardio
Kickboxing
w/ Yazmari

11am
Total Body Sculpt
w/Carah

6pm
Beast Mode HIIT
w/ Larry

WEDNESDAY 14

8:15am
Total Body Sculpt
w/ Yazmari

10:30am
Zumba
w/ Nannette
****In Person + Zoom****
Elite24 Fitness
435 Valley View Rd,
El Sobrante, CA

1pm
Line Dancing
w/ Carah

7pm
Breathe & Stretch
Yoga
w/ Meenakshi

THURSDAY 15

8:30am
Zumba
w/ Maria

6pm
Zumba
w/ Carah

6pm
Hip Hop HIIT
w/ Larry

FRIDAY 16

11am
Core Blast:
Abs+Back
w/ Carah

1pm
Zumba
w/ Carah

SATURDAY 17

10am
Zumba
w/ Zach

11am
Samba Sizzle
w/ Nannette
****In Person + Zoom****
706 Alfred Noble Drive
Hercules, CA

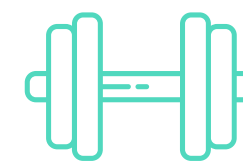
SUNDAY 18

****10:45am****
Aqua Zumba
w/ Nannette
Pinole Swim Center
Pinole, CA
\$10/advance
\$15/drop-in



NOTES

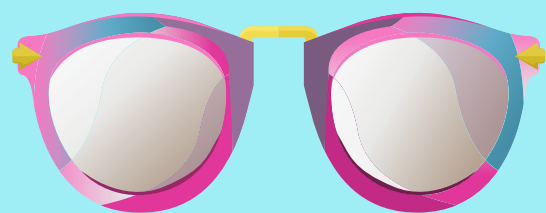
Virtual Class: \$7
In Person/ Outdoor
Class: \$10



Unlimited Virtual
Passes
1 Month: \$144
3 Months: \$396

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JULY 12-18, 2021



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