

MAY CLASS SCHEDULE



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:10AM	Fit for Life-Susana Aqua Aerobics - Nannette	Fit for Life-Susana Aqua Aerobics-Sue	Fit for Life-Susana Aqua Aerobics - Nannette	Fit for Life-Susana Aqua Aerobics-Deb	Fit for Life Stretch-Susana Aqua Aerobics-Nannette	Aqua Aerobics-Erin
9:10AM	Fusion Yoga-Tawney Cycling-Kristin Aqua Aerobics - Nannette	Zumba-Julie Cycling-Susana Aqua Aerobics-Sue	Refit Dance-Sarah Cycling-Kristin Aqua Aerobics-Nannette	Zumba-Francine Cycling-Susana Aqua Aerobics-Deb	H.I.I.T.-Susana Cycling-Kristin Aqua Aerobics-Nannette	
10:10AM	Total Body-Kristin	Total Body-Susana	Total Body-Kristin	Total Body-Susana	Total Body-Kristin	Rotating classes at 9AM and 10AM on Saturdays Please check at the front desk for details
11:10AM	Yoga-Debra	Yoga-Michelle	Yoga-Tawney	Yoga-Michelle	Yoga-Debra	
12 - 4PM						
5:10PM	Refit Dance-Sarah	H.I.I.T.-Viviana	MuVz-Viviana	H.I.I.T.-Viviana		
6:10PM		MuVs-Viviana				
7:10PM	Yoga-Tawney	Yoga-Mackenzie	Yoga-Tawney	Restorative Yoga-Mackenzie		

No classes on Sundays

CLASS DESCRIPTIONS

AQUASIZE - A low impact cardio class that incorporates strength and core training to help with increasing flexibility, balance and endurance

CYLCING - Open to all ages and levels, a motivating cardio class using stationary bikes using speed, resistance, and distance

FIT FOR LIFE - A class for older adults to help them maintain a healthy and active lifestyle

HIIT - A class combining full-body strength training with high intensity cardio intervals to burn fat while gaining strength to tone your body and build endurance

MuVs- A cardio fitness class set to music

REFIT - A class that will rock your body, mind and soul with powerful moves and positive music! This class is open to all levels and focuses on toning, balance, and flexibility through dance.

TOTAL BODY - A full body workout set to enhance muscle definition, core, strength and overall health using a variety of resistance equipment

YOGA - A practice meant to develop strength, flexibility and balance in this smooth but powerful flow that unites breath and movement while improving mobility and concentration

ZUMBA - A dance focused class to Latin and international music with varying levels of intensity and moves to ensure a fun, and effective workout

CONTACT US

Modesto Sport
(209) 571-2582

Management Email
yesseniaf@brendaathletics.com

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 Brenda Athletic Clubs

LOCATIONS

Modesto Sport
200 Norwegian Avenue

Turlock Sport
201 Tampa Street

MAKING FITNESS A LIFESTYLE

BAC
BRENDA ATHLETIC CLUBS

MODESTO SPORT GROUPX-SCHEDULE



HOURS

Monday-Thursday
4AM-10PM

Friday
4AM-8PM

Saturday
6AM-9PM

Sunday
7AM-8PM