



San Jose Swim and Racquet Club

Fitness Class Schedule

January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM MASTER SWIM With Bruce		6:00 AM MASTER SWIM With Bruce		6:00 AM MASTER SWIM With Bruce	
9-9:50 AM CYCLE CIRCUITS With Katie	9:00-9:50 AM TOTAL BODY CONDITIONING With Trish	9-9:50 AM CYCLE CORE With Trish	9:00-9:50 AM TOTAL BODY CONDITIONING With Katie	8:30-9:15 AM CYCLE With Val	8:00 AM TOTAL BODY CONDITIONING With Meghan
9:15 AM DEEP WATER FITNESS With Bruce		9:15 AM DEEP WATER FITNESS With Bruce		9:15 AM DEEP WATER FITNESS With Bruce	9:00 AM RESORATIVE PILATES With Meghan
10-10:50 AM FUNCTIONAL YOGA With Dana	10:00 AM RESORATIVE PILATES With Val	10-10:50 AM TOTAL FITNESS With Val	10:00 AM RESTORE-CORE- BALANCE With Val	9:30-10:15 AM TOTAL FITNESS With Trish	9:00 AM DEEP WATER FITNESS With Ted
11-11:50 AM CHAIR YOGA With Dana				10:30 AM YOGA With Pam	
5:30 PM CYCLE CLASS With Harold/Julie	5:30 PM TBC / CORE With Harold	5:30 PM CYCLE CORE With Ted	5:30 PM YOGA With Pam	Don't forget the read over the monthly newsletter!	PLEASE GO ON OUR WEBSITE FOR CLASS DESCRIPTIONS! www.sjsrc.com

UPDATE: NO MORE Fitness Class Reservations Required

Effective September 1st, we will no longer be requiring email requests to be added to classes. All fitness classes will go back to a drop in basis.

As a result of this change, there may be a rare instance when a class is cancelled due to power outages, no instructor or other extreme circumstances. If you are concerned as to whether a class will be held, you may call the front desk at 408-297-0067. Please check out the website to view and print our current class schedule.