



June and July Fitness Schedule

Monday

11 a.m. to 12 p.m. Zumba w/ Li-Fen
6 to 7 p.m. Zumba w/ Jennifer
7:10 to 8:10 p.m. Flow Yoga w/ Jahara

Tuesday

8:30 to 9:30 a.m. Flow Yoga w/Jahara
9:45 to 10:45 a.m. Circuit Training w/ Aboli
6 to 7 p.m. Bootcamp w/ Jahara
7:10 to 8:10 p.m. Bombay Jam w/ Amit

Wednesday

9:45 to 10:45 a.m. Zumba w/ Li-Fen
11 a.m. to 12 p.m. Dynamic Stretch and
Balance w/ Huichen
6 to 7 p.m. Zumba w/ Jennifer

Thursday

8:45 to 9:45 a.m. Circuit Training w/ Aboli
10 to 11 a.m. Flow Yoga w/ Jahara
6 to 7 p.m. Bootcamp w/ Oliver
7:10 to 8:10 p.m. Bombay Jam w/ Pari

Friday

8:45 to 9:45 a.m. Functional Strength Training w/ Aboli
6 to 7 p.m. Bombay Jam w/ Sonia

Saturday

9:15-10:15 a.m. Zumba w/Valentina
10:30 to 11:30 a.m. Bombay Jam w/ Amit

Sunday

9 to 10 a.m. Bombay Jam w/ Sonia
10:15 to 11:15 a.m. Vinyasa Yoga w/ Jahara

Please bring a mat to all classes except Zumba
Yoga students please bring your yoga block, towel or yoga strap to class
Please call (408) 777-4844 to check on class cancellations
Please arrive on time, there is a five minute grace period
Classes are free for Sports Center members
Day Passes are \$15 for residents and \$25 for non residents

We look forward to seeing you at the Cupertino Sports Center



CUPERTINO