



IHC Fitness Center Weekly Schedule

602 E. Santa Clara Street w Corner of S. 13th and E. Santa Clara Street w San Jose, CA 95112
 For more information call the Fitness Center at (408) 960-0644 ext. 3851



****Gym is Open Mon-Thursday 9:00 am – 8:00 pm and Friday 9:00 am – 4:00 pm****

****Hours may vary due to Holidays & Events. Check for signs of closures or see calendar for info****

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 10:00		Walking Spirit Group walk 9:05 – 10:00 am		Walking Spirit Group walk 9:05 – 10:00am	Walking Spirit Group walk 9:05 – 10:00am
10:00 – 11:00		Chair Exercise Class 10:05 – 11:00 am		Chair Exercise Class 10:05 – 11:00 am	Zumba 10:05 – 11:00 am
11:00 – 12:00	Zumba in a Circuit 11:05am – 12:00 pm		Zumba in a Circuit 11:05am – 12:00 pm		PiYo (Pilates/Yoga Class) 11:05 – 12:00 pm
12:00 – 1:00	Stretch & Release 12:05pm – 12:30 pm	Personal Training (1 on 1 Sessions By appointment only)	Stretch & Release 12:05pm – 12:30 pm	Personal Training (1 on 1 Sessions By appointment only)	
1:00 – 2:00	Personal Training (1 on 1 Sessions By appointment only)		Personal Training (1 on 1 Sessions By appointment only)		
2:00 – 3:00					
3:00 – 4:00					
4:00 – 5:00	Personal Training (1 on 1 Sessions By appointment only)		Personal Training (1 on 1 Sessions By appointment only)		<p><i>*Every Third Friday of the month, Walking spirit is cancelled and all classes are moved up by one hour</i></p> <p><i>9am—Zumba</i></p> <p><i>10am—PiYo</i></p> <p><i>*Only on Produce Mobile days</i></p>
5:00 – 6:00		Zumba 5:05 – 6:00 pm	Total Body Fitness (Interval Training) 5:05 – 6:00 pm	Zumba 5:05– 6:00 pm	
6:00 – 7:00	Youth Fitness (Ages 6–17) 6:05 PM—7:00 PM	Personal Training (1 on 1 Sessions By appointment only)	Youth Fitness (Ages 6–17) 6:05 PM—7:00 PM	Personal Training (1 on 1 Sessions By appointment only)	
7:00 – 8:00	Personal Training (1 on 1 Sessions By appointment only)	Personal Training (1 on 1 Sessions By appointment only)	Personal Training (1 on 1 Sessions By appointment only)	Personal Training (1 on 1 Sessions By appointment only)	