



# CWO Fitness Center's Weekly Group Class Schedule



602 E. Santa Clara Street w Corner of S. 13<sup>th</sup> and E. Santa Clara Street w San Jose, CA 95112

For more information call the Fitness Center at (408) 960-0662

**Fitness Center Hours: Mon—Thurs 9:00 am—8:00pm & Fridays 9:00 am—4:00pm**

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

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