

Prime Time Athletic Club

Group Exercise Schedule

Studio 1

June 28, 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|--|--|
| 6:00-7:00 am BOSU Interval Melinda | 6:00-7:00 am Body Conditioning Kathleen | | 6:00-7:00 am Body Conditioning Kathleen | 6:00-7:00 am BOSU Interval Melinda | | |
| 8:15-9:15 am Strength Core Stretch Mary | 8:15-9:15 am Body Conditioning Kathleen | 8:15-9:15 am Zumba Julia | 8:15-9:15 am Body Conditioning Kathleen | 8:15-9:15 am Cardio Sculpt Kimi | 8:15-9:15 am Cardio Challenge Mary | 8:15-9:15 am Step Melinda |
| 9:15-10:30 am Kick & Core Mary | 9:15-10:15 am Zumba Sandra | 9:15-10:30 am Cardio Flex Mary | 9:15-10:15 am Zumba Sandra | 9:15-10:30 am Kick-Step Core Mary | 9:15-10:15 am Body Conditioning Mary | 9:15-10:15 am Sculpt & Kick Melinda |
| 10:30-11:30 am Energize Kathleen | 10:15-11:15 am Body Conditioning Mary | 10:30-11:30am Zumba Gold Christina | 10:15-11:15 am Body Conditioning Mary | 10:30-11:30 am Energize Kathleen | 10:15-11:15am Cardio Blast Chris | 10:15-11:30am Cardio Flex Chris |
| | | | | | 11:30-12:00pm Core on the Floor Chris | 11:30-12:00pm Core on the Floor Chris |
| 4:30-5:30 pm Zumba Ernie | 5:00-5:30 pm Core on the Floor Kathleen | 4:30-5:30 pm Zumba Sandra | 5:00-5:30 pm Core on the Floor Kimi | 5:00-6:00 pm Body Conditioning Mary | | |
| 5:30-6:30 pm Body Conditioning Melinda | 5:30-6:30 pm Power Body Boot Camp Kathleen | 5:30-6:30 pm Body Conditioning Maria | 5:30-6:30 pm Cardio Sculpt Kimi | 6:00-7:00pm Zumba Sandra | | |
| 6:30-7:30pm Zumba Wendy | 6:30-7:30 pm Cardio Core Val | 6:30-7:30 pm U-Jam Sandy | 6:30-7:45 pm Zumba Kim Y. | | | |

View the Group Exercise Schedule anytime from your computer. Visit us on the web at:

www.PrimeTimeAthleticClub.com

1730 Rollins Road Burlingame, CA 94010 (650) 697-7311

Prime Time Athletic Club Group Exercise Schedule

Studio 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--------|----------|--------|
| | | | | | | |
| | 4:30-5:15 pm Beginner Kids' Karate Wauriman | | 4:30-5:15 pm Beginner Kids' Karate Wauriman | | | |
| 5:30-6:30 pm Cardio Kick-Box Mary | 5:15-6:00 pm Orange Belt Kids' Karate Wauriman | | 5:15-6:00 pm Orange Belt Kids' Karate Wauriman | | | |
| 6:30-7:30 pm Core on the Floor Kerri | 6:00-7:00 pm Advanced Black Belt Club Kids' Karate Wauriman | 6:00-7:00 pm Black Belt Club Kids' Karate Wauriman | 6:00-7:00 pm Advanced Black Belt Club Kids' Karate Wauriman | | | |
| | 7:00- 8:30 pm Adult Karate Wauriman | | 7:00- 8:30 pm Adult Karate Wauriman | | | |

Studio 3 (Spinning)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|---|--|
| 6:00-6:45 am Spinning Kathie B. | 6:00-7:00 am Spinning Jory | 6:00 – 6:45 am Spinning Maria | 6:00-7:00 am Spinning Kathie B. | 6:00-6:45 am Spinning Krishl | 8:15-9:15 am Spinning Joanne | |
| 9:00-10:00 am Spinning Tammy P. | 9:00-9:45 am Spinning Mary | 9:00-10:00 am Spinning Tammy P. | 9:00-9:45 am Spinning Mary | 9:00-10:00 am Spinning Tammy P. | 9:15-10:00 am Spinning Maria | 9:00-10:00 am Spinning Kathie B/Maria |
| 5:30-6:15 pm Spinning Helene | 5:30-6:15 pm Spinning Mary | 5:30-6:30 pm Spinning Mary | 5:30-6:15 pm Spinning Mary | | | |
| 6:30-7:15 pm Spinning Rose | | | | | | |

Spinning classes are 45 to 60 minutes in length. Spinning Instructors can choose from one of the Energy Zones to teach from. Water bottles and heart-rate monitors are recommended.

- **Recovery Ride:** Relaxation and energy accumulation. Heart rate training range, 50-60% of maximum.
- **Endurance Ride:** Even application of energy for sustained periods. Heart rate training range, 65-75% of maximum.
- **Strength Ride:** Heavy resistance to develop muscular endurance and power. Heart rate training range, 75-85% of maximum.
- **Interval Ride:** Formerly known as All Terrain. Speed, tempo, timing and rhythm are used. Heart rate training range, 65-92% of maximum.
- **Race Day Ride:** Peak performance, comprises a variety of techniques. Heart rate training range, 80-92%.

Thank you and enjoy your journey.

Prime Time Athletic Club Group Exercise Schedule

Studio 4

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|---|
| | | | | | | |
| 8:00-9:00 am Pilates Mat Kathie B. | | 8:30-9:45 am Tai Chi Katie | 8:00-9:00am Barre Bootcamp Lily | | 8:30-9:30 am Integrative Hatha Yoga Robert | 9:00-10:00 am Pilates Mat Danielle |
| 9:00-10:00 am Barre Bootcamp Lily | 9:15-10:45 am Integrative Hatha Yoga Robert | 10:00-11:30 am Integrative Hatha Yoga Robert | 9:15-10:15 am Barre Bootcamp Lily | 9:15-10:45 am Vinyasa Yoga Megan | 9:30-11:00 am Integrative Hatha Yoga Robert | 10:00-11:30 am Vinyasa Yoga Corey |
| 4:30 – 5:15 pm Beginner Kids' Karate Wauriman | | 4:30 – 5:15 pm Beginner Kids' Karate Wauriman | | | 11:00-12:30 pm Vinyasa Yoga Keith | |
| 5:15-6:00 pm Yellow Belt Kids' Karate Wauriman | | 5:15-6:00 pm Yellow Belt Kids' Karate Wauriman | | | | |
| 6:00-7:30 pm Vinyasa Yoga Tom | 5:30-6:30 pm Kids Yoga Fit Gina | 6:00-7:00 pm Barre Bootcamp Jacquie | 5:30-6:30 pm Kids Yoga Fit Gina | | | |
| 7:30-8:30pm Pilates-Yoga Fusion Angie | 6:30-7:30 pm Pilates Mat Danielle | 7:00-8:30 pm Integrative Hatha Yoga Robert | 6:30-8:00 pm Vinyasa Yoga Tom | | | |

Studio 5

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--|-----------|--|--|----------|--------|
| | 10:30-11:15 am Tots in Motion Staff | | 10:30-11:15 am Tots in Motion Staff | 9:00-10:15 am Tai Chi Katie | | |

Pool 1

| Monday | Tuesday | Wednesday | Thursday | Friday 4 | Saturday | Sunday |
|--|--|--|--|---|----------|--------|
| 10:00-10:45 am Aqua Zumba Julia | 10:00-10:45 am Aqua Aerobics Kathleen | 10:00-10:45 am Aqua Aerobics Kathleen | 10:00-10:45 am Aqua Aerobics Kathleen | 10:00-10:45 am Aqua Aerobics Maria | | |

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