

Prime Time Athletic Club

Group Exercise Schedule

Studio 1

January 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am BOSU Interval Melinda	6:00-7:00 am Body Conditioning Maria		6:00-7:00 am Body Conditioning Kathleen	6:00-7:00am BOSU Interval Melinda		
8:15-9:15 am Strength Core Stretch Mary	8:15-9:15 am Body Conditioning Kathleen	8:15-9:15am Zumba Julia	8:15-9:15 am Body Conditioning Kathleen	8:15-9:15am Cardio Sculpt Kimi	8:15-9:15am Cardio Challenge Mary	8:15-9:15am 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	10:15-11:15am 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
4:30-5:30pm Zumba Ernie	5:00-5:30pm Core on the Floor Kathleen	4:30-5:30pm Zumba Mirna	5:00-5:30 pm Core on the Floor Kimi	5:00-6:00 pm Body Conditioning Mary		
5:30-6:30pm Body Conditioning Melinda	5:30-6:30pm Power Body Boot Camp Kathleen	5:30-6:30 pm Body Conditioning Maria	5:30-6:30pm 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	6:30-7:30pm Zumba Kim Y.			

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

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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 Krishil	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.	9:15-10:15am 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 Nicole	9:30-11:00 am Integrative Hatha Yoga Robert	10:00-11:30am Vinyasa Yoga Elena
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 Lily	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 Barre Bootcamp Annge	6:30-7:30 pm Pilates Mat Danielle	7:00-8:30 pm Integrative Hatha Yoga Elena	6:30-8:00 pm Integrative Hatha Yoga Robert			

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 Maria		

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