## Parks & Rec Fitness Centers
### GroupX Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>8:30 - 10:00 Spinning Yoga&lt;br&gt;Loi Loi - Camden</td>
<td>9:00 - 10:00 Nia&lt;br&gt;Terre - Camden</td>
<td>9:00 - 10:00 Zumba&lt;br&gt;Lili - Camden</td>
<td>9:00 - 10:00 Nia&lt;br&gt;Terre - Camden</td>
<td>9:00 - 10:00 Vinyasa Flow Yoga&lt;br&gt;Min-Thu - Camden</td>
<td>9:00 - 10:00 Circuit Training OR&lt;br&gt;Pound (Alternating weeks)&lt;br&gt;Matt/Sandra - Bascom</td>
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<td>9:00 - 10:00 Yoga&lt;br&gt;Laila - Bascom</td>
<td>9:15 - 10:15 Power Sculpt&lt;br&gt;Diane B. - Almaden</td>
<td>9:00 - 10:00 Intermediate Yoga&lt;br&gt;Alvin - Bascom</td>
<td>9:15 - 10:15 Vinyasa Flow Yoga&lt;br&gt;Min-Thu - Almaden</td>
<td>9:15 - 10:15 Zumba&lt;br&gt;Sabrina - Almaden</td>
<td>9:15 - 10:15 Zumba&lt;br&gt;Marissa - Roosevelt</td>
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<td>9:00 - 10:00 Gentle Yoga&lt;br&gt;Loi Loi - Almaden</td>
<td>11:00 - 12:00 Circuit Training&lt;br&gt;Cath - Bascom</td>
<td>5:00 - 6:00 Kickboxing&lt;br&gt;Sabrina - Seven Trees</td>
<td>10:15 - 11:15 Vinyasa Flow Yoga&lt;br&gt;Minh-Thu - Bascom</td>
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<td>11:00 - 12:00 Circuit Training&lt;br&gt;Cath - Bascom</td>
<td>5:00 - 6:00 Stretching&lt;br&gt;Janet - Camden</td>
<td>5:30 - 6:30 Vinyasa&lt;br&gt;Almeden</td>
<td>5:00 - 6:00 Cardio Class&lt;br&gt;Sabrina - Roosevelt</td>
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<td>5:30 - 6:30 Yoga&lt;br&gt;Laila - Seven Trees</td>
<td>5:00 - 6:00 Stretching&lt;br&gt;Sabrina - Seven Trees</td>
<td>5:50 - 6:50 Power Sculpt&lt;br&gt;Chamine - Almaden</td>
<td>5:00 - 6:00 Power Yoga&lt;br&gt;Geetha - Almeden</td>
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<td>6:00 - 7:00 Yoga&lt;br&gt;Laila - Seven Trees</td>
<td>5:00 - 6:00 Stretching&lt;br&gt;Sabrina - Seven Trees</td>
<td>5:00 - 6:00 Power Sculpt&lt;br&gt;Chamine - Almaden</td>
<td>6:00 - 7:00 Zumba&lt;br&gt;Jill - Almeden</td>
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<td>5:00 - 6:00 Power Yoga&lt;br&gt;Geetha - Bascom</td>
<td>6:00 - 7:00 Power Yoga&lt;br&gt;Geetha - Almeden</td>
<td>6:00 - 7:00 Power Sculpt&lt;br&gt;Chamine - Almaden</td>
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<td>7:00 - 8:00 Power Yoga&lt;br&gt;Geetha - Bascom</td>
<td>6:00 - 7:00 Spin&lt;br&gt;Linda - Roosevelt</td>
<td>6:00 - 7:00 Power Sculpt&lt;br&gt;Chamine - Almaden</td>
<td>6:00 - 7:00 Zumba&lt;br&gt;Jill - Almeden</td>
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<td>6:00 - 7:00 Power Sculpt&lt;br&gt;Chamine - Almaden</td>
<td>7:00 - 8:00 Zumba Toning&lt;br&gt;Yadira - Seven Trees</td>
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<td>7:00 - 8:00 Zumba&lt;br&gt;Loll - Seven Trees</td>
<td>6:00 - 7:00 Hot Hula&lt;br&gt;Marie - Bascom</td>
<td>6:30 - 7:30 Yoga&lt;br&gt;Laila - Seven Trees</td>
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<td>7:00 - 8:00 Power Sculpt&lt;br&gt;Diane - Camden</td>
<td>7:00 - 8:00 Yoga&lt;br&gt;Ginny - Roosevelt</td>
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### Color Key:
- **Almaden**
- **Camden**
- **Seven Trees**
- **Bascom**
- **Roosevelt**

### March 2015

**Warming up is a critical part of exercise.** If you are more than 10 minutes late, wait for the next class.

If class has already started when you arrive, or if you need to leave class early, be careful not to disrupt class.

If you are new to GroupX or returning after an absence, be sure to tell your instructor, in case you need modifications.

*Wear athletic clothes and closed-toe athletic shoes.*

Do not bring food, gum or drinks, except for water in containers with a lid.

Keep your cell phone on silent. If you need to take a call, be sure to step out of the room.

You must be a current GroupX member to participate in a Group Exercise class. All members must check-in before entering class.

The minimum age for participation in a GroupX class is 14.

Group exercise schedule, formats and instructors are subject to change.

We observe San Jose City Holidays.

All participants must follow the Code of Conduct at all times.
March 2015

Fitness Room Hours

Parks & Rec GroupX Schedule

City-Wide

Fitness Centers

Almaden Hours
Mon/Wed/Fri  8:00 am - 2:00 pm; 5:00 pm - 8:00 pm
Tu/Th  6:00 am - 2:00 pm; 5:00 pm - 8:00 pm
Saturday 9:00 am - 4:00 pm

Bascom Hours
Monday - Thursday 9 am - 8 pm
Friday  9 am - 6 pm
Saturday  9 am - 1 pm

Camden Hours
Monday - Thursday 7:30 am - 8:00 pm
Friday  7:30 am - 4:00 pm
Saturday  9 am - 1 pm

Roosevelt Hours
Monday - Thursday  6:00 am - 8:00 pm
Friday   6:00 am - 6:00 pm
Saturday  9:00 am - 1:00 pm

Seven Trees Hours
Monday - Thursday 8:00 am - 9:00 pm
Friday   8:00 am - 7:00 pm
Saturday  9:00 am - 6:00 pm

Almaden Community Center
6445 Camden Ave. 95120 408-268-1133

Bascom Community Center
1000 S. Bascom Ave. 95128 408-794-6289

Camden Community Center
3369 Union Ave. 95124 408-559-8553

Mayfair Community Center
2039 Kammerer Ave. 95116 408-794-1060

Roosevelt Community Center
901 E. Santa Clara St. 95116 408-794-7555

Seven Trees Community Center
3590 Cas Dr. 95111 408-794-1060

Parks & Rec Fitness Center Locations
Amenities vary by location. Call or visit for more details.