Camden Community Center 3369 Union Avenue San José, CA 408.559.8553

# groupX

total body fitness
at camden community center

Your **ALL ACCESS PASS** to as many of the exercise classes, fitness room workouts and drop-in gym visits you can fit into that busy schedule of yours!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| 8:30AM<br>SPINNING YOGI – 90 MIN<br>Studio<br>Lollo | | 9AM S<br>MAT PILATES<br>Studio<br>Lollo | | 9:15AM S<br>YOGA<br>Studio<br>Louiza | 8:45AM<br>ZUMBA<br>MPR<br>Biha |
| | | | | | 9AM-1PM<br>BASKETBALL<br>Gym |
| **LUNCHTIME** | | | | | |
| 12-2PM<br>BASKETBALL<br>Gym | 12-2PM<br>BASKETBALL<br>Gym | 12-2PM<br>BASKETBALL<br>Gym | 12-2PM<br>BASKETBALL<br>Gym | 12-2PM<br>BASKETBALL<br>Gym | |
| **EVENING** | | | | | |
| 5:45PM S<br>PILATES<br>Studio<br>Lollo | 6PM<br>SPIN & CORE<br>Spin Studio<br>Diane V | 5PM S<br>STRETCHING<br>MPR<br>Tuvet | 5-8PM<br>VOLLEYBALL<br>Gym | | |
| 6:45PM S<br>ZUMBA<br>Studio<br>Lollo | 7PM S<br>DANCE FIT<br>Studio<br>Sandra | 6PM S<br>GENTLE YOGA<br>MPR<br>Louiza | 6PM<br>YOGA FLOW<br>Studio<br>Lollo | | |
| | | 7PM<br>ZUMBA<br>MPR<br>Jill | 7PM<br>ZUMBA<br>MPR<br>Cel | | |

$29/month

**Get Fit. Be Strong**

Group X Memberships include unlimited access to all group exercise classes, fitness room, and drop-in gym for ***one low price.***

For Citywide Group X Schedules, visit our website: www.sanjoseca.gov/prns/fitness

Class Descriptions are on the back!

"Like" us on Facebook for class updates, special discounts and promotions, and to provide feedback!

S – **Start Here!** All classes are "work at your own pace" but these classes are great for those new to fitness or for the Active Older Adult looking for more.

CITY OF SAN JOSE
CAPITAL OF SILICON VALLEY

*Parks, Recreation and Neighborhood Services*

No refunds on memberships. Please read Policies & Procedures prior to participation. **Schedule takes effect 4/2**