



# Fall Fitness Schedule

Please check the recreation brochure or online at [www.cupertino.org/recreation](http://www.cupertino.org/recreation) for class descriptions, instructors, locations, dates, and fees.

| Monday                              | Tuesday                             | Wednesday                            | Thursday   | Friday   | Saturday  |
|-------------------------------------|-------------------------------------|--------------------------------------|--|--|---|
|                                     | Walk 15<br>8:15-9:15                |                                      |  |  | 8:45-10:00<br>Hatha Yoga                                    |
| 9:30-10:30<br>Dance Cardio & Toning | 9:45-10:45<br>Cardio Sculpt         | 9:30-10:45<br>Zumba Plus             | 9:15-10:15<br>Zumba Toning                             | 9:30-10:30<br>Aerobics for Everyone                                | 9:00-10:15<br>Intro to Taiji & Qigong                       |
| 9:30-10:30<br>Mixed Level Pilates   |                                     | 9:30-10:30<br>Mixed Level Pilates    |  |  | 10:30-11:45<br>Taiji Level 2                                |
|                                     |                                     |                                      |  |  |   |
| 10:40-11:40<br>Sculpt & Stretch     | 10:45-11:45<br>Strengthen & Stretch | 10:40-11:40<br>Sculpt & Stretch      | 10:40-11:40<br>Balance, Core, & More                   | 10:45-11:45<br>Line Dance: Level 1                                 |   |
| 12:00-1:00<br>Zumba                 | 12:00-1:00<br>Zumba                 | 12:00-1:00<br>Strong by Zumba        | 12:00-1:00<br>VivAsia Fitness Dance                    | 12:00-1:00<br>Hula Hoop Series 1                                   |   |
| 12:00-1:30<br>Baptiste Yoga         | 12:00-1:30<br>Zumba + Stretching    | Yoga for Body & Mind<br>12:00 – 1:15 |  | 12:00-1:00<br>Zumba  |   |
|                                     |                                     | 1:15-2:15<br>Qigong                  |  | 1:15-2:15<br>Line Dance: Level 2                                   |   |
|                                     |                                     | 6:00-7:00<br>Hula Hoop Series 1      | 7:00-8:00<br>Aerobics for Everyone                     |  |   |
| 7:00-8:00<br>Low Impact Aerobics    | 7:00-8:00<br>Total Body             | 7:00-8:00<br>Low Impact Aerobics     | 8:00-9:00<br>PiYo                                      |  |   |
| 7:00-8:15<br>Hatha Flow             |                                     | 7:00-8:00<br>Bollywood Aerobics      | 7:30-8:30<br>Line Dancercise                           |  |   |
|                                     |                                     | 7:00-8:30<br>Hula Hoop Series 2      |  |  |   |
| 8:10-9:10<br>Dance for fun!         | 8:15-9:15<br>Dance for fun!         |                                      | Aerobics drop-in<br>passes may be<br>purchased for \$6 | Hula Hoop 2--90 minute<br>class passes may be<br>purchased for \$9 | Yoga/Pilates drop-in<br>passes may be purchased<br>for \$10 |