**GROUP FITNESS CLASSES**  
**January 13 - March 27, 2020 (Weekly)**

Please register for the fitness class lottery at [http://scclearn.sccgov.org](http://scclearn.sccgov.org) from December 5-18, 2019. All lottery-selected participants will be notified by January 6, 2020. All fitness classes occur weekly from **January 13 - March 27, 2020**. Classes will **not** be available on January 20 and February 17, 2020.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **STRENGTHEN & LENGTHEN**  
12:05 PM (50 mins)  
Timpany Center Gym  
730 Empey Way | **TOTAL BODY FITNESS**  
6:30 AM (60 mins)  
Timpany Center Gym  
730 Empey Way | **ZUMBA**  
6:30 AM (60 mins)  
Timpany Center Gym  
730 Empey Way | **TOTAL BODY FITNESS**  
6:30 AM (60 mins)  
Timpany Center Gym  
730 Empey Way | **WORLD DANCE FUSION**  
5:05 PM (50 mins)  
Timpany Center Gym  
730 Empey Way |
| **ZUMBA**  
5:15 PM (60 mins)  
SSA Senter Lobby, Door #4  
1879 Senter Road | **STRENGTHEN & LENGTHEN**  
12:05 PM (50 mins)  
SSA Naples Rm, Door #10  
1879 Senter Road | **FLOW YOGA**  
12:05 PM (50 mins)  
SSA Naples Rm, Door #10  
1879 Senter Road | **TAI CHI**  
12:05 PM (50 mins)  
Lower Level Conference Rm  
70 West Hedding |
| **TABATA**  
5:30 PM (60 mins)  
Charcot Training Ctr, Rm 1  
2310 N. 1st Street, Suite 102 | **TOTAL BODY FITNESS**  
5:30 PM (60 mins)  
Sheriff’s Auditorium  
55 W. Younger Avenue | **ZUMBA**  
5:05 PM (50 mins)  
Timpany Center Gym  
730 Empey Way | **HIP HOP DANCE FUSION**  
5:05 PM (50 mins)  
Timpany Center Gym  
730 Empey Way |
| **FLOW YOGA**  
5:30 PM (60 mins)  
Sheriff’s Auditorium  
55 W. Younger Avenue | **TOTAL BODY FITNESS**  
6:15 PM (60 mins)  
Sheriff’s Auditorium  
55 W. Younger Avenue | **TOTAL BODY FITNESS**  
5:15 PM (60 mins)  
SSA Fitness Room  
353 W. Julian Street | **PILATES**  
5:15 PM (60 mins)  
SSA Auditorium  
333 W. Julian Street |
| **RESTORATIVE YOGA**  
5:30 PM (60 mins)  
VHC, El Toro Rm  
7475 Camino Arroyo, Gilroy | **FLOW YOGA**  
5:15 PM (60 mins)  
Charcot Training Ctr, Rm 1  
2310 N. 1st Street, Suite 102 | **INTERVAL TRAINING**  
5:30 PM (60 mins)  
VHC, El Toro Rm  
7475 Camino Arroyo, Gilroy | **ZUMBA**  
5:15 PM (60 mins)  
SSA Senter Lobby, Door #4  
1879 Senter Road |
| **FLOW YOGA**  
5:15 PM (60 mins)  
Charcot Training Ctr, Rm 1  
2310 N. 1st Street, Suite 102 | **TOTAL BODY FITNESS**  
6:30 AM (60 mins)  
Timpany Center Gym  
730 Empey Way | **TOTAL BODY FITNESS**  
5:30 PM (60 mins)  
Charcot Training Ctr, Rm 1  
2310 N. 1st Street, Suite 102 | **FLOW YOGA**  
5:30 PM (60 mins)  
Charcot Training Ctr, Rm 1  
2310 N. 1st Street, Suite 102 |

**Winter Quarter**