



DECATHLON
PACIFIC SPORTS RESORT

GROUP EX

CLASS SCHEDULES

WINTER 2012

EFFECTIVE JAN. 16

MORNING CLASSES

KEY:

GEX= GROUP EXERCISE STUDIO

MBS=MIND BODY STUDIO

CS=CYCLE STUDIO

PS2=PILATES STUDIO

POOL=POOL

(\$)=FEE BASED CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:00AM ABS LAB LLOYD M. GEX	6:00-7:00AM SUNRISE YOGA JOANIE C. MBS.	5:45-6:00AM ABS LAB LLOYD M. GEX	6:00-7:00AM SUNRISE YOGA JOANIE C. MBS	5:45-6:00AM ABS LAB LLOYD M. GEX	8:00-9:00AM BODY PUMP LYNDA B. GEX	8:00-9:00AM BODY PUMP AMY C./DAVE R. GEX	
6:00-7:00AM PREMASTERS (\$) LINDSAY F. POOL	6:45-7:45AM GROUP CYCLE JAMES L. CS	6:00-7:00AM BODY PUMP LLOYD M. GEX	6:00-7:00AM BONUS CLASS FEBRUARY ONLY STROKES CLINIC DELORES POOL	6:00-7:00AM STEP LLOYD M. GEX	9:15-10:25AM SWEATSHOP LOREE P./ BOLLYWOOD JASNEET A. GEX	9:10-10:10AM HIP HOP- JAN.15,22,FEB.5, 19, MAR.4, 18 LORRAINE H./ U-JAM JAN.29, FEB.12, 26, MAR.11, 25 AMY C. GEX	
6:00-7:00AM BODY PUMP LLOYD M. GEX	9:30-10:30AM BODY PUMP ANTHONY L. GEX	6:00-7:00AM GROUP CYCLE LINDSAY F. CS	6:45-7:45AM GROUP CYCLE JAMES L. CS	6:00-6:45AM EXPRESS RIDE DAVE R. CS	9:30-10:30AM GROUP CYCLE BUNKY W. CS	9:10-10:05AM GROUP CYCLE AMY C./DAVE R.	
7:05-7:35AM CXWORX LINDSAY F. GEX	10:30-11:00AM CXWORX ANTHONY L. GEX	7:00-8:00AM MAT PILATES BECKY B. GEX	9:30-10:30PM BODY PUMP SUZANNE W. GEX	6:30-7:30AM PREMASTERS (\$) LINDSAY F. POOL	9:30-10:30AM CORE STRENGTH (\$) GINA S./BECKY B. PS2	10:15-10:45AM CXWORX AMY C./DAVE R.	
6:00-7:00AM MASTERS/ACT STAFF POOL	12:00-1:00PM BODY PUMP LUCIANA M. GEX	9:30-10:30AM STEP CATHI K. GEX	12:00-1:00PM ZUMBA KAREN A. GEX	7:00-8:00AM BODY PUMP DAVE R. GEX	9:30-10:30AM MASTERS/ACT KATEY POOL	10:50-12:20PM VINYASA YOGA2-3 DEBORA C. GEX	
9:30-10:30AM ZUMBA VANYA B. GEX	1:00-1:30PM CXWORX LUCIANA M. GEX	10:00-11:00AM CORE STRENGTH (\$) BECKY B. PS2	12:00-1:00PM POWER YOGA LINDA W. MBS	9:30-11:00AM YIN/YANG YOGA GRACIE K. MBS	10:30-11:25AM MAT PILATES LOREE P./BECKY B. GEX		
12:00-12:45PM CXWORX/STRETCH LINDSAY F. MBS	12:00-1:00PM POWER YOGA WENDY H. MBS	10:00-11:00AM CYCLE/CXWORX LINDSAY F. CS/GEX	12:00-1:00PM MASTERS/ACT AIMEE R. POOL	10:00-11:00AM U-JAM AMANDA/ DOMINIQUE GEX	11:00-12:30PM PRESWIMTEAM (\$) DOLORES POOL		
12:00-1:00PM HATHA YOGA 2 JEANETTE G GEX.	12:00-1:00PM MASTERS/ACT AIMEE R. POOL	10:30-11:30AM CXWORX LINDSAY F. GEX	12:15-1:00PM EXPRESS RIDE TYLER H. CS	12:00-1:00PM BODY PUMP LUCIANA M. GEX	11:35-12:50PM VINYASA FLOW LYNN MARIE M./GRACIE K. GEX		
12:00-1:00PM GROUP CYCLE GABE P. CS	12:15-1:00PM EXPRESS RIDE PAULA L. CS	10:00-12:45AM GLUTES & CORE SHIRLEY D. MBS		12:15-1:00PM EXPRESS RIDE JEN V. CS			
12:00-1:00PM CORE STRENGTH (\$) BECKY B. PS2	..	12:00-1:00PM POWER YOGA ADRIENNE R. GEX	12:00-1:00PM GROUP CYCLE JEN V. CS				

Class descriptions are available on our website at WesternAthleticClubs.com. Schedule subject to change.

DECATHLON CLUB | 3250 CENTRAL EXPRESSWAY, SANTA CLARA, CA 95051 | 408.738.2582



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AFTERNOON AND EVENING CLASSES

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CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:30-2:30PM STRENGTH/STRETCH SHIRLEY D. GEX	5:25-6:20PM KNOCKOUT AMY C. GEX	5:25-6:25PM BODY PUMP BRANDY R. GEX	1:30-2:30PM STRENGTH/STRETCH SHIRLEY D. GEX	5:15-6:30PM STEP ROB C./CATHI K. GEX	9:35-10:40 AM \$ CLASS NAME FIRST + LAST INT.	3:30-5:00PM GENTLE YOGA KASIA M. GEX.
5:25-6:10PM BODYPUMP EXP LISA F./TOM S. GEX	5:45-6:40PM MAT PILATES GINA S. MBS	5:30-6:30PM PRE-SWIMTEAM (\$) AIMEE R. POOL	5:30-6:30PM KNOCKOUT BRANDY R. GEX	6:15-7:45PM CANDLE LIGHT YOGA MISAKO M. MBS	4:00-5:00 PM CLASS NAME FIRST + LAST INT.	
5:30-6:30PM PRE-SWIM TEAM (\$) AIMEE R. POOL	6:00-6:30PM (ONCE A MONTH) GSWIMVAL AIMEE R. POOL	5:30-6:25PM SUSPENSION TRAINING RICK MBS	5:45-6:40PM MAT PILATES GINA S. MBS	6:00-7:00PM GROUP CYCLE MELISSA V. CS		
5:45-6:45PM BEG. YOGA JOANIE C. MBS	6:30-7:30PM MASTERS/ACT KATEY POOL	6:30-7:30PM PRE-MASTERS (\$) STAFF POOL	6:30-7:30PM MASTERS/ACT AIMEE R. POOL	6:30-7:30PM MASTERS/ACT AIMEE R. POOL		
6:00-7:00PM CORE STRENGTH (\$) BECKY B. PS2	6:30-7:30PM U-JAM AMY C. GEX.	6:30-7:30PM AQUATIC WINTER CONDITIONING AIMEE R. GEX	6:35-7:05PM CXWORX BRANDY R. GEX	6:45-8:00PM HATHA FLOW YOGA LYNN C. MBS		
6:10-6:40PM CXWORX LISA F./TOM S. GEX	6:30-7:25PM GROUP C YCLE DAVE R. CS	6:30-8:00PM YIN/YANG YOGA SETAREH M. MBS	7:00-8:00PM CORE STRENGTH (\$) GINA S. PS2	7:00-8:00PM CORE STRENGTH(\$) GINA S. PS2		
6:30-7:30PM PRE-MASTERS (\$) AIMEE POOL	7:00-8:00PM CORE STRENGTH (\$) GINA S. PS2		7:35-8:05PM CXWORX DAVE R. GEX	8:00-9:00PM ZUMBA MICHAEL N. GEX		
6:30-7:30PM CORE STRENGTH (\$) BECKY B. PS2	7:35-8:05PM CXWORX DAVE R. GEX					
6:45-7:40PM SWEATSHOP LOREE P. GEX	7:35-8:30PM VINYASA YOGA2-3 JOANIE C. MBS					
6:45-7:45PM GROUP CYCLE DANNY C. CS						
6:45-8:15PM VINYASA YOGA2-3 LINDA W. MBS						
7:45-8:30PM TBC LOREE P. GEX						

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