

# August Class Schedule

Hours: Mon-Fri 5am-10pm  
Sat-Sun 7am-8pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:15 a.m.	5:15-6:30 *ABS & Spinning® Mike		5:15-6:30 *ABS & Spinning® Mike	5:30-6:30 Intense Circuit Susan	5:15-6:30 *ABS & Spinning® Maya				
6:30 a.m.	Indoor Cycling Tami	6:15-7:00 *Express Intense Circuit/Nancy 6:30-7:45 Sunrise Yoga/Ann	Indoor Cycling Tami	6:15-7:00 *Express Intense Circuit/Nancy 6:30-7:45 Sunrise Yoga/Ann	Indoor Cycling Laisha				
8:00 a.m.	Turbo Kick® Susan	*Pilates Plus Kristi	Turbo Kick®/Susan Stretch/Diane	*Pilates Plus Kristi	Turbo Kick® Susan			Indoor Cycling Bob	Spinning® Maya
8:30 a.m. (30 min)	*Core Blast Kristi	Express Sculpt Diane		Express Sculpt Diane	*Express Pilates Elizabeth				
9:00 a.m.	*Indoor Cycling Kristi Dance Aerobics Diane	Dance Aerobics Diane *Turbo Kick®/Judy	*Indoor Cycling Kristi *Core Conditioning Judy	Dance Aerobics Diane *Turbo Kick®/Judy	*Indoor Cycling Judy Step/Elizabeth	*Turbo Kick®/Judy Cardio Sculpt/Tami	Body Sculpt/Diane 9:30-10:45 Indoor Cycling Patricia		
10:00 a.m.	*Intro Pilates 30 min Kristi	Tai Chi Beginning/Paul 10:00 *Body Sculpt Kristi	*Mat Pilates Kristi	Tai Chi Beginning/Paul 10:00 Body Sculpt Diane	*Body Sculpt Kristi		10:00-11:00 Stretch Diane		
10:15 a.m.	Cardio Sculpt Nancy 10:30-11:30 *Body Sculpt Elizabeth		Cardio Sculpt Nancy			10:15-11:15 *Boot Camp/Judy 10:15-11:15 Body Sculpt/Tiffany 10:15-11:15 Spinning® Patricia/Maya			
11:00 a.m.	11:15-12:00 Express Mat Pilates/Nancy	Tai Chi Intermediate/Paul Beginning Yoga Tami	11:15-11:45 Express Mat Pilates/Nancy	Tai Chi Intermediate/Paul Beginning Yoga Tami			11:00 Cardio Express Diane/30 min		
11:30 a.m.	*Feldenkrais®/Libby	*Feldenkrais®/Kelly	*Feldenkrais®/Kelly		Pregnant & Post- partum Fitness				
12:15 p.m.	Indoor Cycling Shelley Zumba®/DJ	12:15-1:00 Indoor Cycling Judy Body Sculpt/Tami	Indoor Cycling Laisha Zumba®/DJ	12:15-1:00 Indoor Cycling Judy Body Sculpt/Tami	Indoor Cycling Laisha		11:00-12:30 *Power Yoga Susan		
1:00 p.m.	 Meditation/EFT Becca/Movement room			 Meditation Ann/Conf. 1		<b>Workshops</b> Pre-Registration Required Feldenkrais® Unlock Your Jaw August 13 9:00 am-12:30 pm Yoga Inversions 101 August 13 1:00 am-3:00 pm			
1:30 p.m.		Cardiac Rehab Tai Chi/Paul							
2:00 p.m.	2:00-3:00 Zumba Gold®		*Senior Strength & Sculpt 2:30-3:30 Clinic Ole Zumba \$3 non-member fee		*Senior Strength & Sculpt Laisha & Shelley				
3:30 p.m.	Body Sculpt Nancy		Intense Circuit Nancy	 Latin DanceFit Camille					
4:30 p.m.	Body Sculpt Diane	Intro Cycling Judy/30 min Mat Pilates/Nancy	Core Blast Nancy/30 min *Turbo Kick®/Judy	Intro Cycling Judy/30 min Mat Pilates/Nancy	*Turbo Kick®/Judy 4:30-5:45 Gentle Yoga/ Meditation Becca	CLASS LOCATIONS ARE SPECIFIED BY COLOR. (SEE LEGEND BELOW.) Conference/Movement Room (grey) Basketball Court (blue) Studio 1 (green) Studio 2 (purple) FitKids Zone (orange)			
5:00 p.m.	Step-n-Abs Tiffany	*Power Pump Judy	Step-n-Abs Tiffany	*Power Pump Judy					
5:30 p.m.	5:30-6:45 *Yoga for Every Body/Ann	20-20-20 Tiffany	5:30-6:45 *Yoga for Every Body/Ann	20-20-20 Tiffany					
6:00 p.m.	*Indoor Cycling/Judy	*Turbo Kick®/Judy	*Indoor Cycling/Bob	*Indoor Cycling/Bob	Zumba®/DJ		*Restricted Classes		
6:30 p.m.	Basketball Pick-up games 6:45-7:45 Restorative Yoga/Ann		Basketball Pick-up games 6:45-7:45 Restorative Yoga/Ann	Core Conditioning Judy			*Classes need tickets to attend.	 =New Class	
7:00 p.m.	Cardio Sculpt Nancy	Latin DanceFit Camille 7:00-8:15 Yoga Fitness Fusion/Tami		HipHop Hustle® Susan	3421 Villa Lane Napa, CA 94558 • Phone: 707-251-1395 Fax:707-251-1373 • www.wellnesscenternapa.com Programs Manager • Pamela Contos 251-3506				

# August Pool Schedule

Hours: Mon-Fri 5am-10pm  
Sat-Sun 7am-8pm

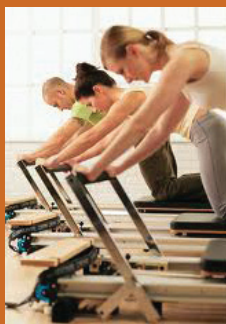
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 a.m.		Sunrise Splash Suzy		Sunrise Splash Suzy		↑ <b>Open for lap swim</b> ↓		
7:15 a.m.	7:15-8:15 Open Warm Water		7:15-8:15 Open Warm Water		7:15-8:15 Open Warm Water			
8:30 a.m.	Hydro-Fit Tami		Hydro-Fit Tami		Hydro-Fit Tami			
9:00 a.m.		9:00-10:15 Open Warm Water 9:00-10:00 Hydro-Fit Janine		9:00-10:15 Open Warm Water 9:00-10:00 Hydro-Fit Tami				
9:30 a.m.	Hydro-Fit Janine		Hydro-Fit Elizabeth		Hydro-Fit Janine			Hydro-Fit Tami
	Hydro-Fit (Deep Water) Elizabeth	10:15 Gentle Water Exercise Cynthia	Hydro-Fit (Deep Water) Janine	10:15 Gentle Water Exercise Cynthia				10:15-11:15 Synergy Swim Team 2 lanes *fee based
10:30 a.m.					10:30-11:30 Hydro-Fit (Deep Water) Elizabeth			Swim Lessons (times vary)
11:15/11:30 a.m.	11:30 *W.A.T.E.R. Natalie	11:15 *W.A.T.E.R. Elizabeth		11:15 *W.A.T.E.R. Elizabeth				1:15-2:15 Open Warm Water (adults only)
12:15 p.m.		*W.A.T.E.R. Elizabeth		*W.A.T.E.R. Elizabeth	12:00 *Arthritis Class Staff			2:00-3:00 Synergy Swim Team 2 lanes *fee based
1:00 p.m.	Pool Closed Maintenance 1:00-2:00		Pool Closed Maintenance 1:00-2:00		Pool Closed Maintenance 1:00-2:00			2:30-4:30 Family Swim (Families only)
2:00 p.m.	Swim Lessons (times vary)	Swim Lessons (times vary)	<b>FitKids Day Camps, 1-2 lanes used, 2:00-3:00</b>					
3:30 p.m.	3:30-4:30 FitKids/Lane 1				3:30-4:30 FitKids/Lane 1			
4:30 p.m.	Open Warm Water and swim lessons	Open Warm Water and swim lessons	Open Warm Water (adults only)	Open Warm Water and swim lessons	3:30-5:30 Swim Lessons Only	<b>CLASS LOCATIONS ARE SPECIFIED BY COLOR. (SEE LEGEND BELOW.)</b> Warm Water Pool (red) Lap Pool (purple) *Fee based classes		
5:30 p.m.	Hydro-Fit/Tami Pre Natal Warm Water Class		Liquid Fusion/Suzy Pre Natal Warm Water Class		5:30-7:00 Family Swim	*Lane restriction-See lap schedule		
6:00 p.m.		5:30-7:30 Synergy Swim Team 2 lanes *fee based		6:30-7:00 Yo-Qua	5:30-7:30 Synergy Swim Team 2 lanes *fee based	*Restricted Classes		
7:00 pm								

\$6 non-member fee for the W.A.T.E.R. and Arthritis Classes. Space is limited & tickets are needed to participate.

## Yoga Inversions 101

Basic yoga inversions including modifications for beginners.

Sat., August 13, 1-3:00 pm  
(See flyer at front desk)



## Reformer Pilates Classes

We added 3 more reformers-for a total of 6!  
Call 707-251-1395 Ext. 9  
to reserve a reformer today.

New to pilates? Schedule a FREE demo!  
Visit the front desk for more information,  
and for a copy of the new group pilates  
reformer class schedule.

## Feldenkrais

### Unlock Your Jaw

Relief for those suffering from  
TMJ or chronic headaches.

Sat., August 13, 9 am-12:30 pm  
(see flyer at front desk)

Visit [www.wellnesscenternapa.com](http://www.wellnesscenternapa.com) for new programs and schedule updates.