

UPDATED FOR **OCTOBER 2019**



FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

MONDAY

5:35 - 6:35 AM	8:20 - 9:20 AM	9:30 - 10:30 AM	5:00 - 5:55 PM	6:00 - 7:00 PM
FIVE POINTS CYCLE DANIELLE • ALL LEVELS	SWISS BALL: CORE CONDITIONING MICHAEL • LEVEL ONE	YOGA DANIEL • ALL LEVELS	PILATES MAT ROSEMARIE • ALL LEVELS	ZUMBA / ZUMBA TONING MAHA • ALL LEVELS

TUESDAY

8:20 - 9:20 AM	9:35 - 10:35 AM	5:00 - 6:00 PM	6:20 - 7:20 PM
YOGA SHARLENE • ALL LEVELS	ZUMBA GOLD PAM • LOW IMPACT	FIVE POINTS CYCLE MICHELLE • ALL LEVELS	YOGA SHARLENE • ALL LEVELS

WEDNESDAY

5:35 - 6:35 AM	8:30 - 9:30 AM	9:30 - 10:30 AM	5:00 - 5:55 PM	6:15 - 7:15 PM
FIVE POINTS CYCLE DANIELLE • ALL LEVELS	PILATES MAT ROSE • ALL LEVELS	YOGA MOVE DANIEL • ALL LEVELS	PILATES MAT ROSEMARIE • ALL LEVELS	ZUMBA / ZUMBA TONING MAHA • ALL LEVELS

THURSDAY

8:30 - 9:30 AM	9:35 - 10:35 AM	5:00 - 6:00 PM
YOGA SHARLENE • ALL LEVELS	ZUMBA LOW IMPACT & STRETCH CAREN • ALL LEVELS	FIVE POINTS CYCLE ARUTI • ALL LEVELS

FRIDAY

5:35 - 6:35 AM	8:30 - 9:30 AM	9:30 - 10:30 AM	6:15 - 7:15 PM
FIVE POINTS CYCLE DANIELLE • ALL LEVELS	PILATES MAT ROSE • ALL LEVELS	YOGA DANIEL • ALL LEVELS	ZUMBA FUSION SUSAN • ALL LEVELS

SATURDAY

7:05 - 8:05 AM	8:20 - 9:20 AM	9:30 - 10:30 AM
FIVE POINTS CYCLE MICHELLE • ALL LEVELS	PŪYŌ FUSION ROSEMARIE • ALL LEVELS	ZUMBA / ZUMBA TONING MAHA • ALL LEVELS

SUNDAY

10:00 - 11:00 AM
ZUMBA / HULA MOTION NAN • ALL LEVELS

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HOURS MONDAY-FRIDAY 5:30 AM - 9:00 PM SATURDAY-SUNDAY 7:00 AM - 7:00 PM

PRE-REGISTRATION FOR ALL SPIN CLASSES REQUIRED. REGISTRATION OPENS UP TWO DAYS PRIOR TO CLASS AT MIDNIGHT.