

UPDATED FOR JUNE 2021



# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

## MONDAY

5:00 - 5:55 PM

PILATES MAT

ROSEMARIE • ALL LEVELS

## TUESDAY

9:00 - 10:00 AM

YOGA

SHARLENE • ALL LEVELS

5:00 - 6:00 PM

FIVE POINTS CYCLE

ARUTI • ALL LEVELS

## WEDNESDAY

9:30 - 10:30 AM

YOGA MOVE

DANIEL • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT

ROSEMARIE • ALL LEVELS

## THURSDAY

9:00 - 10:00 AM

YOGA

SHARLENE • ALL LEVELS

5:00 - 6:00 PM

FIVE POINTS CYCLE

ARUTI • ALL LEVELS

## FRIDAY

## SATURDAY

## SUNDAY

## GROUP CLASSES BEGINNING JUNE 2021

DOWNLOAD OUR MOST CURRENT SCHEDULE ONLINE AT [www.fivepointsfitness.net](http://www.fivepointsfitness.net)

NORTHERN MARIN'S FINEST HEALTH CLUB • 487 ENTRADA DRIVE • NOVATO, CALIFORNIA 94954 • (415) 883-9353

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.

GET OUR NEW FIVE POINTS APP TODAY!

APPLE DOWNLOAD



ANDROID DOWNLOAD

