

UPDATED FOR **JANUARY 2026**



# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

## MONDAY

8:00- 9:00 AM

AFTERBURN\*  
KEVIN • ALL LEVELS

9:00- 9:55 AM

YOGA MOVE  
JUDE • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT  
ROSEMARIE • ALL LEVELS

6:00 - 7:00 PM

AFTERBURN\*  
KEVIN • ALL LEVELS

## TUESDAY

5:45 - 6:45 AM

INDUSTRIAL STRENGTH\*  
KEVIN • ALL LEVELS

10:30 - 11:25 AM

PIYO FUSION  
ROSE MARIE • ALL LEVELS

12:00 - 1:00 PM

INDUSTRIAL STRENGTH\*  
JOAN • ALL LEVELS

6:00 - 7:00 PM

INDUSTRIAL STRENGTH\*  
ELENA • ALL LEVELS

## WEDNESDAY

8:00 - 9:00 AM

KINETICS\*  
KEVIN • ALL LEVELS

9:00 - 9:55 AM

YOGA MOVE  
THOM • ALL LEVELS

12:00 - 1:00 PM

FIVE POINTS CYCLE  
ARUTI • ALL LEVELS

5:00 - 5:55 PM

PILATES MAT  
ROSEMARIE • ALL LEVELS

6:00 - 7:00 PM

KINETICS\*  
CHRIS • ALL LEVELS

## THURSDAY

5:45 - 6:45 AM

AFTERBURN\*  
KEVIN • ALL LEVELS

10:30-11:25 AM

PIYO FUSION  
ROSE MARIE • ALL LEVELS

12:00 - 1:00 PM

AFTERBURN\*  
ELENA • ALL LEVELS

6:00 - 7:00 PM

AFTERBURN\*  
KEVIN • ALL LEVELS

## FRIDAY

8:00 - 9:00 AM

INDUSTRIAL STRENGTH\*  
KEVIN • ALL LEVELS

12:00 - 1:00 PM

FIVE POINTS CYCLE  
ARUTI • ALL LEVELS

## SATURDAY

7:30 - 8:30 AM

KINETICS\*  
KEVIN • ALL LEVELS

8:30 - 9:30 AM

KINETICS\*  
KEVIN • ALL LEVELS

\*FEE BASED CLASSES

## SUNDAY

9:30 - 10:30 AM

YOGA ENERGY FLOW  
RUBY • ALL LEVELS

## GREAT CLASSES FOR 2026!

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

