

# The Right Stuff Health Clubs Campbell-Group Exercise Schedule

1730 West Campbell Avenue, Campbell, CA 95008 (408)866-8855  
Effective Jan., 2013

Schedule subject to changes.

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8:10am</b>	Group Strength Training	Step	Specialized Class Jump Start 2013	Step	Group Strength Training	Step(8am)	Yoga
<b>9:15am</b>	Low Impact	T.A.G.(45 min)	Interval Training	T.A.G.(45 min)	Specialized Class Zumba	Specialized Class Zumba (9:30am)	
<b>10:00am</b>							Low Impact
<b>10:30am</b>	"Lite" Aerobics	Yoga	"Lite" Toning	Yoga	"Lite" Cardio Sculpt/Stretch		
<b>11:00am</b>						Interval Training	
<b>4:30pm</b>	T.A.G.(45 min)		T.A.G.(45 min)				
<b>5:35pm</b>	Step	Interval Training	Group Strength Training	Cardio Sculpt	Step		
<b>6:40pm</b>	Group Strength Training		Specialized Class	Cardio Kickboxing	Yoga		
<b>8:00pm</b>	Yoga	Yoga		Yoga			

The Group Exercise Programs at The Right Stuff Health Clubs follows guidelines consistent with most current standards set by ACE, AFAA, and ACSM. All of our instructors follow these guidelines to insure the safety and effectiveness of your workout.

**FACILITY HOURS:**

Monday - Friday                    5am - 11pm  
Saturday                                7am - 8pm  
Sunday                                    8am - 8pm

**CHILD CARE HOURS:**

Monday - Thursday    8am - 12:30pm    4pm - 8pm  
Friday                        8am - 12:30pm  
Saturday                    8am - 12pm  
Sunday                        CLOSED

**See reverse for class descriptions, rules, and safeguards.**

# The Right Stuff Health Clubs Blossom Hill-Group Exercise Schedule

1329 Blossom Hill Road, San Jose, CA 95118 (408)445-3310  
Effective Jan., 2013

Schedule subject to changes.

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6:00am</b>	Step/Sculpt		Specialized Class Boot Camp (5:35am)		Cardio Sculpt		
<b>8:15am</b>	T.A.G.(45 min)	Upper Body (45 min)	T.A.G.(45 min)	Upper Body (45 min)		Yoga	
<b>9:15am</b>	Low Impact	Cardio Sculpt/Stretch	Low Impact	Step/Sculpt	Specialized Class Pilates Mat		
<b>9:30am</b>						Step/Sculpt	Boot Camp
<b>10:30am</b>	"Lite" Toning	Specialized Class	"Lite" Toning	"Lite" Stretching	"Lite" Cardio Sculpt		
<b>11:00am</b>							Interval Training
<b>5:35pm</b>	Cardio Kickboxing	Step/Sculpt	Specialized Class Zumba	Yoga			
<b>6:40pm</b>	Specialized Class Pilates Mat	Interval Training	Cardio Sculpt	Interval Training			
<b>7:45pm</b>	Yoga		Yoga				

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**FACILITY HOURS:**

Monday - Friday                    5am - 11pm  
Saturday                                7am - 8pm  
Sunday                                    8am - 8pm

**CHILD CARE HOURS:**

Monday - Thursday    8am - 1pm    4pm - 8pm  
Friday                        8am - 1pm  
Saturday                    8am - 1pm  
Sunday                        CLOSED

**See reverse for class descriptions, rules, and safeguards.**