



City of Cupertino
Recreation and Community Services
Creating a Positive, Healthy, and Connected Community



Cupertino Sports Center December Fitness Schedule

Monday

- 7-7:45 am Bootcamp with Raychel
- 8:45-9:30 am TRX with Lyja (sign up by phone or in person at 8am)
- 9:30-10:30 am UJAM with Monica
- 9:30-10:30 am Trekking with Lyja in the fitness room (sign up by phone or in person at 8am)
- 10:30-11:30 am ABS with Raychel
- 10:30-11:30 am Strength Training with Lyja(class is moving to 11:30 Dec. 12)
- 11:30-12:30 Strength Training with Raychel (starts Dec. 12)
- 6-7pm Bombay Jam with Archana
- 7-8pm Vinyasa Yoga with Tejal

Tuesday

- 9 - 10 am Power Yoga with Melissa
- 10 - 10:30 am ABS/TRX with Melissa(sign up by phone or in person at 8am)
- 10:30 - 11:30 Zumba with Monica
- 12-1pm Circuit Training with Melissa
- 6-6:45 pm TRX /ABS with Chris (sign up by phone or in person at 5pm)
- 6:45-7:45 pm Bombay Jam with Bhuvna

Wednesday

- 7-7:45 am Bootcamp with Raychel
- 9:15-10:15 am UJAM with Monica
- 9:30-10:30 am Trekking with Raychel(sign up by phone or in person at 8am)
- 10:30-11:30 am Body Sculpting with Raychel
- 6 - 7 pm Zumba with Jennifer
- 7:15 - 8 pm Pound with Raychel

Thursday

- 8:30-9:30 am Power Yoga with Melissa
- 9:30- 10 am ABS/TRX with Melissa(sign up by phone or in person at 8am)
- 10-11 am Viva Asia with Noriko
- 12- 1pm Circuit Training with Melissa
- 6- 6:45 pm TRX /ABS with Raychel(sign up by phone or in person at 5pm)
- 6:45-7:45 pm Bombay Jam with Archana

Friday

- 7-7:45 am Bootcamp with Raychel
- 8:45 - 9:30 am TRX with Lyja(sign up by phone or in person at 8am)
- 9:30-10:30 am Yoga with Sa-ad
- 9:30-10:30 am Trekking with Lyja(sign up by phone or in person at 8am)
- 10:30-11:30 am Core with Lyja
- 11:30-12:30 Strength Training with Lyja (starts Dec. 16th)
- 6-7 pm Zumba with Raquel

Saturday

- 8:15-9 am Cardio TRX with Anita (please sign up at the front desk)
- 9:10-10:10 am Power ABS with Raychel
- 10:20 - 11:20 am Yoga with Polly
- 11:30 am - 12:30 pm Zumba with Monica

Sunday

- 8:10- 9:05 am Bombay Jam with Bhuvna
- 9:10-10:05 am Yoga with Bhuvna
- 10:15-11:15 am Zumba with Polly

Teens Welcome! All fitness classes are open to individuals 13 years of age or older!

Cupertino Sports Center
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www.cupertino.org/sportscenter