

Energetix Fitness

Spring Session 2010

March 1 - April 30 (8 weeks)

Monday 8:45AM

3/01 Henry Cowell - South
3/08 University Terrace Park
3/15 Westcliff - Lighthouse
3/22 Lodato Park
3/29 Pogonip Spring St
4/05 no class
4/12 Moore Creek
4/19 Wilder Ranch
4/26 Pogonip Golf Club

Wednesday 8:45AM

3/03 Oceanview Park
3/10 Simpkins/Schwann Lake
3/17 DeLaveaga Main
3/24 Pogonip Golf Club
3/31 SC Harbor
4/07 no class
4/14 DeLaveaga Prospect Hts
4/21 Arana Gulch
4/28 Chaminade

Friday 8:45AM

3/05 Capitola Beach
3/12 Vienna Woods
3/19 New Brighton Beach
3/26 Nisene Ranger Station
4/02 Aptos Village Park
4/09 no class
4/16 Anna Jean Cummins
4/23 Seabright/Castle Beach
4/30 Nisene George's

Friday 10:00AM (low impact)

same as Fri 8:45AM class, listed above

Tuesday 5:15PM

3/02 Wilder Ranch
3/09 Seabright/Castle Beach
3/16 DeLaveaga Trailhead
3/23 Boardwalk
3/30 Pogonip Spring St
4/06 no class
4/13 Henry Cowell South
4/20 no class
4/27 Moore Creek

Thursday 5:15PM

3/04 Simpkins/Schwann Lake
3/11 Lodato Park
3/18 DeLaveaga Main
3/25 Anna Jean Cummins
4/01 DeLaveaga Prospect Hts
4/08 no class
4/15 Arana Gulch
4/22 Capitola Beach
4/29 Seabright/Castle Beach

Sunrise/Sunset times

6:38AM/6:01PM
6:29AM/6:07PM
7:19AM/7:14PM
7:08AM/7:20PM
6:58AM/7:26PM
6:48AM/7:32PM
6:38AM/7:39PM
6:28AM/7:45PM
6:19AM/7:51PM

