

GROUP TRAINING SCHEDULE

DAYS/TIMES

GPT CLASSES

CONTACT INFO

Tuesdays

7:00AM-7:45AM

EARLY BIRD WORKOUT

BRIA: 415.408.1905

10:00AM- 10:45AM

TOTAL STRENGTH

TRISTA: 707.291.9287

11:00AM- 11:30AM

PRIVATE GROUP

CHAQ: 707.303.6739

Wednesdays

11:00AM- 11:45AM

FOCUSED STRENGTH

ROSE: 707.787.7067

Thursdays

7:00AM-7:45AM

EARLY BIRD WORKOUT

BRIA: 415.408.1905

8:00AM-8:45AM

TRX

LISA: 707.799.5967

9:00AM- 10:00AM

STRENGTH

WHITNEY: 707.483.3327

10:30AM- 11:30AM

PRIVATE GROUP

CATHERINE: 707.291.5148

Fridays

10:00AM- 10:45AM

WOMEN IN THE WEIGHTROOM

ALESHIAF@AIRPORTCLUB.COM

GROUP PERSONAL TRAINING RATES APPLY