

Get Fit Class Schedule

Mondays

- 6:00 – 6:55am Body Boot Camp (*River Glen Park)
- 9:00 – 10:00am All Level Core Fit Pilates (**St. Francis Church)
- 5:30 – 6:30pm Beginner Pilates (**St. Francis Church)
- 6:30 – 7:30pm Intermediate/Advanced Pilates (**St. Francis Church)

Wednesdays

- 6:00 – 6:55am Body Boot Camp (*River Glen Park)
- 6:30 – 7:30pm Cardio Core Circuit Training (**St. Francis Church)

Fridays

- 9:00 – 10:00am All Level Core Fit Pilates (**St. Francis Church)

*River Glen Park is located on the corner of Bird Ave. and Pine Ave. in San Jose. We meet on the hand ball court. Please call or email ahead to reserve your spot.

**St. Francis Episcopal Church is located at 1205 Pine Ave. in San Jose on the corner of Pine Ave. and Newport Ave. We meet in the basement off the courtyard.