



## 2025 September Yoga, Water Fitness and Reformer Pilates Schedule

**TUESDAY**

**9:00a.m. - 9:50a.m. Reformer Pilates with Jennifer C.**

**THURSDAY**

**9:00a.m. - 9:50a.m. Reformer Pilates with Jennifer C.**

**SATURDAY**

**9:00a.m.- 9:50a.m. Reformer Pilates with James**

**WEDNESDAY**

**8:30a.m. — 9:20a.m. Water Fitness with Tammy**

**SATURDAY**

**9:00 a.m. — 9:50a.m. Yoga with Stephen in Studio 1**  
(Yoga classes begin September 13th)

**For reformer pilates classes, charges apply and registration is required. Max 6 students.**

**For more information, contact the Sports Desk Concierge**  
**phone: 760.404.1590 or e-mail: [sportsclubconcierge@toscanacc.com](mailto:sportsclubconcierge@toscanacc.com)**

Please note that substitute instructors and cancellations may occur for classes.