

FEBRUARY 2019



RESTORATIVE REFORMER
ATHLETIC REFORMER
MAT
TRX
BARRE

SIERRA SYMMETRY
 Hillary MacLean PMA®-CPT, Founder
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6am Athletic - Hillary		
	7am Athletic - Hillary		7am Athletic - Hillary			
						8am Athletic - Hillary
	9:30 Barre Class - Michelle	9:30am Restorative - Hillary	9:30am Barre Class - Michelle	9:30am Restorative - Hillary	9am Barre Class - Cheree	9:15pm TRX - Hillary
	11am Restorative Private - Hillary	11am Restorative Private - Hillary		11am Restorative Private - Hillary	11:30am Athletic - Cheree	
	12pm Athletic - Hillary	COMING SOON!! 12:10 Pilates Mat - Cynthia	12pm Restorative - Cynthia	12:10pm TRX - Hillary		
	4pm Restorative - Cheree		4pm Restorative - Nancy	4pm Roll and Recover - Gretchen		
		5:30pm Athletic - Nancy		5:30pm Athletic - Nancy		

ALL CLASSES MUST BE BOOKED IN ADVANCE. BOOK AT SIERRASYMMETRY.COM,
 ONLINE WITH MIND BODY (THERE'S AN APP FOR THAT) OR TEXT HILLARY AT 510-883-4172.