

1 Go to www.CaliforniaFamilyFitness.com/FitnessClasses



Filter your Class Search

Begin by selecting club location. Then you can choose to filter by Class Type, Time Frame and Instructor.

2

Location

[All Values]

[All Values]

Ardon

Carmichael

Citrus Heights

Downtown

Elk Grove

Folsom

Howe Avenue

Laguna

Madison

McClellan

Natomas

Orangevale

Class Type

Aqua Fitness

Cardio-Athletic

Cardio-Choreographed

Cycle/X-Bike

Instructor Training

Intro/Specialty Fitness

Mind/Body

Special Events

Strength Training

Select: All, None

Timeframe

Morning (Open - 12PM)

Afternoon (12PM - 4PM)

Evening (4PM - Close)

Select: All, None

Instructor

[All Values]

Looking for something specific? Conduct a search!

Search

Go



Customize your View

View the group fitness schedule in a variety of ways. Whatever your preference, you can easily change the way the calendar appears.

Choose Daily, Weekly or Monthly View!

August 2009

M	T	W	T	F	S	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

View:

Month

3

4 Choose your class!

Special Features



Send Classes to your Calendar

It's easy to subscribe to your favorite classes. You can put them right onto your outlook calendar, so you'll never forget.

PRINT SUBSCRIBE iCAL RSS

Add To My Calendar Remind Me By Email Other Event Actions...



Coordinate with Friends

Invite workout buddies to attend your classes by forwarding a class schedule directly to their e-mail with a personal message.

Other Event Actions...

Sign Up For Event

Notify Me Of Changes

Forward To Friends



Always Up to Date

The minute a class changes, our website will reflect the change. If you've subscribed to a class, you'll also receive notification by text or e-mail.

Inbox

California Family Fitness Yoga Class has changed to 6pm

Lisa M. Hi there Friend!