

FSS FLASH

SUBSCRIBE

PERSONAL TRAINERS

PERSONAL TRAINERS

\$35/30MIN □ \$50/60MIN MINIMUM 1 PERSON MAX 3
BOOK YOUR NEXT APPOINTMENT TODAY!



Intramurals
Are Back!

LOI SUBMITTAL DEADLINE:
MAY 3

MAY 3

RAEL FITNESS CENTER

Virtual CLASS SCHEDULE

Fitness & Sports

We are proud to be the first fitness center in the county of Alameda to offer a virtual fitness program. We are now offering a variety of virtual fitness classes for all fitness levels. We are now offering a variety of virtual fitness classes for all fitness levels.



MONDAY	
9am	Core
11am	Circuit
1pm	Strength & Conditioning
3pm	Strength & Conditioning

TUESDAY	
Time Varies	Workout Videos by Kimble

WEDNESDAY	
9am	Core
11am	Circuit
1pm	Strength & Conditioning
3pm	Strength & Conditioning

CLICK HERE

COVID SAFETY

• All classes are held in a well-ventilated room with windows open.

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HOURS OF OPERATION

• All classes are held in a well-ventilated room with windows open.

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FACEBOOK F

VIRTUAL CL

**FACEBOOK FITNESS
VIRTUAL CLASSES
YOGA
CIRCUIT
POWER STRETCH
AND MUCH MORE!**

