



OPTIONAL PROGRAM 2026

Core Pilates Conditioning

Available to registered Core Class participants

Led by Coach Fernanda

Core Conditioning focuses on building strength, stability, and balance to support injury prevention and running/walking performance throughout the season.

Location:

SUNNYVALE Sports Basement
1177 Kern Ave, Sunnyvale, CA 94085

Where to Meet:

Meet in The Summit, the large meeting room in the very back of the store on the right.

Schedule:

Tuesdays, May 19 through August 25
Time: 6:00–7:00 p.m.

What to Bring:

- Yoga mat
- Two hand weights (1–5 pounds each)
- Water
- Jump rope
- Hand towel

Questions or More Info:

Email Coach Fernanda at info@sanjosefit.com

Subject line: CORE