

Offering
36 Weekly
Classes!

Club Hours:
M-TH 4:30am-11pm
F 4:30am-9pm
S-5 7am-8pm



Oxnard
(805) 486-2219

Kids Club Hours:
M-Sat 8am-12pm
M-Fri 4pm-8pm

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00a	BootCamp F19 Trainers	Zumba Karen O	BootCamp F19 Trainers	Zumba Karen O	BootCamp Express F19 Trainers			5:00a
:30								:15
6:00a								6:00a
:30								:15
7:00a								7:00a
:30								:15
8:00a	Zumba Karen O	Zumba Jesse	Zumba Karen O	Zumba Jesse	Zumba Karen O	Zumba Rosario		8:00a
:30								:15
9:00a	BootCamp Express F19 Trainers	BootCamp Express F19 Trainers	BootCamp Express F19 Trainers	BootCamp Express F19 Trainers	BootCamp Express F19 Trainers	BootCamp Express F19 Trainers		9:00a
:30								:15
10:00a	Zumba Cheli	Zumba Liz	Zumba Cheli	Zumba Liz	Zumba Cheli			10:00a
:30								:15
11:00a								11:00a
:30								:15
12:00p								12:00p
4:00p								
5:00p	Warm Up BootCamp Express F19 Trainers	Warm Up Boxing Express Vicky	Warm Up BootCamp Express F19 Trainers	Warm Up Boxing Express Vicky	Zumba Cheli			5:00p
:30								:15
6:00p	Zumba Cheli	Zumba Rosario	Zumba Cheli	Zumba Rosario	Zumba Jorge			6:00p
:30								:15
7:00p	Zumba Silvia	Zumba Jesse	Zumba Silvia	Zumba Jesse				7:00p
:30								:15
8:00p								8:00p
:30								:15
								:30
								:45

GROUP CLASS DESCRIPTIONS

ALL LEVELS OF FITNESS WELCOME IN EVERY CLASS! PLEASE BRING A TOWEL AND WATER

EXPRESS: 45 MINUTE CLASS

TRAINER BOOTCAMP (EXPRESS): A HIGH INTENSITY AND UPBEAT CLASS RAN BY FITNESS 19 PERSONAL TRAINERS. MULTIPLE "COACHES/INSTRUCTORS" ALLOWS A MORE HANDS ON APPROACH THAN TYPICAL CLASSES...PROVIDING CORRECTION ON FORM & OFFERING MODIFICATIONS FOR ALL FITNESS LEVELS. THIS IS A CLASS THAT OFFERS A VARIETY OF WORKOUTS TO CHANGE UP YOUR DAY-TO-DAY ROUTINE, GAIN STRENGTH, STAMINA, AND HAVE A LOT OF FUN! FORMATS INCLUDE TRX, FREE WEIGHTS, CARDIO, FUNCTIONAL TRAINING & MORE. (PREVIOUSLY KNOWN AS "CROSS TRAINING", "HIIT", "KILLER ABS", "INSANE PLYOMETRIC", "BUTTS & GUTS", "BODY SCULPTING")

REAL BOXING (EXPRESS): TRAIN LIKE A REAL BOXER WITH AN OLYMPIC STYLE BOXING COACH! LEARN BASIC TECHNIQUE, OFFENSE & DEFENSE, WHILE BUILDING STRENGTH, STAMINA, SPEED, & AGILITY. SOME CIRCUIT TRAINING & HEAVY BAGS. GLOVES ARE REQUIRED FOR THIS CLASS (PRO BOXING BRAND MAY BE PURCHASED IN CLUB AT WHOLESALE PRICE)

ZUMBA: ARE YOU READY TO DANCE, RAISE YOUR HEART RATE AND HAVE FUN?! COME ENJOY THE WORLD-WIDE CRAZE THAT IS GETTING EVERYONE EXCITED TO MOVE! A GREAT CARDIO WORKOUT THAT DOESN'T FEEL LIKE ONE! EASY TO FOLLOW DANCE MOVES WILL GET YOU SWEATING AND WANTING MORE!

CLASSES SCHEDULED FOR 1 HOUR RUN APPROX 55 MINUTES IN LENGTH TO ALLOW TIME FOR THE NEXT SCHEDULED CLASS.

LOOKOUT FOR SCHEDULE CHANGES ON THE 1ST OF EACH MONTH