



WEEKLY CLASS SCHEDULE

GROUP FITNESS CLASSES | 760.414.1919

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am	Pilates Julie	Barre Julie	Boot Camp Julia	Pilates Julie		
9 am	Body Tone/ HIIT Julie	Body Tone/ HIIT Julie	BODYSHRED™ 30 Min. Julia	Insanity 30 Min. Julia Body Tone 30 Min. Julia	Boot Camp Sarena	Patty
10 am	Yoga Core Taryn	Advanced Step Sarah	Yoga Delight Taryn	Advanced Step Sarah	Marisol	Advanced Step Sarah
11 am	Yoga Delight Taryn	Yoga Flow Taryn		Yoga Flow Robert	Yoga Delight Robert	
12 pm	Step Sarah			Patty		
1 pm		Sharon		Dottie		Dottie
5 pm	Body Tone Julia		Body Tone Julia			
6 pm	Yoga Flow Robert	Marisol	Marisol		Christy	
7 pm	Marisol	Yoga Amanda	Beg/Relax Yoga Amanda	Marisol		

GYM HOURS: Mon - Thurs 5am - 11pm | Fri 5am - 10pm | Sat & Sun 7am - 7pm

KIDS CLUB HOURS: Monday - Friday 9AM - 12PM & 5PM - 8PM | Saturday 8AM - 12PM | Sunday CLOSED

for current updates. Classes for a nominal fee, schedule subject to change. Updated 11/11/2019.

Barre: Although the name may fool you, this class is not a ballet class, it is a fitness class inspired by dance movements, with the use of a barre. Barre utilizes the ballet barre to create a workout that incorporates your whole body, emphasizing on your core, legs, arms and booty. Barre fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Ballet- inspired workouts are a great way to develop lean muscle mass while improving your balance, flexibility, and range of motion. The workout promises to create lean muscles without bulk. Unlike what most people think you do not have to have a dance background, and honestly do not even need to be coordinated. Classes can be very effective and even therapeutic for nearly every segment of the population, due to its low impact and available modifications.

Boot Camp: Timed stations for an overall amazing workout, variety of TRX, core, cardio, barbells and dumbbells in every class. Building muscle to break down fat. Beginners through advance welcome.

Chair Yoga: Senior yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and a range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Cycle: This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

Kickboxing: A great full body workout combining kicking and punching to develop a lean mean defined body.

Rumble: A cardio mixed martial arts adapted for the group exercise environment. You will use a weapon; the Rumble stick creates a higher degree of training and is an extension of your body which enhances spatial awareness and overall movement.

Pilates: An intense condensed class focused on core strength and stability with the added bonus of tone and definition. Mat format may include weights, tubing, and exercise balls. Beginners welcome.

Power Yoga: A rigorous yoga class with demanding strength postures that will have you moving, breathing and sweating. The class focuses on building core strength by moving through postures with fluidity and holding poses in order to strengthen, balance, detoxify, and exhilarate the body and mind.

R.I.P.P.E.D: is a cardio/strength combination with fun movement set to high energy music. Resistance, intervals, power, plyometrics, endurance and diet-all packed in one exciting hour.

Sculpt: is a class of interval cardio & strength training. This class will build you up, boost your energy and leave you craving more!

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Total Body Strength: This total body routine focuses on using multiple muscle groups from upper, lower and core to give you an awesome, comprehensive workout. Uses weights and barbells to tighten and tone your entire body.

Triple Threat: is a great way to get a total body workout. It's a muscle tone and conditioning class focusing on upper body, lower body and core with bursts of cardio in between.

Yoga: A combination of Yoga and stretch techniques to help elongate your muscles and clear your mind and body.

Yoga Flow: Combines breath awareness with movement to help alleviate stress, relieve aches and pains, to build muscle and to gain flexibility/motion.

Zumba: is a dance fitness workout that anyone can do. You will achieve long term benefits while having an absolute blast in an exhilarating hour of calorie-burning. Latin dancing with Hip Hop and belly dancing moves.

Zumba Gold: The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low impact moves for active older adults.

Zumba Gold Toning: Zumba Gold with one to three pound weights to improve muscular strength with light weight activity.