

















YORBA LINDA 714.970.1919 | 20535 Yorba Linda Blvd Yorba Linda, CA 92886

OVER 265 CLASSES PER MONTH!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	HIIT George	Sculpt Estelle Cycle Yvonne	TRX George	Sculpt Estelle			
7am	Cycle Avery Sculpt Estelle	Boot Camp Brian	Cycle Avery Sculpt Estelle	Boot Camp Yvonne			
8:30 am	Cycle Mark Bootcamp Estelle	Piloxing Terri	Total Body Estelle	TRX George	TRX George	Cycle Mark	Yoga Emy
9:30 am	Yoga Chris	 ZUMBA® Terri Cycle Jaime	PIYO Stacie	 SilverSneakers Ryan Cycle Jaime	PiYo Stacie	Power Yoga Rebecca	 ZUMBA® Gold Jan
10:30 am	Piloxing Terri	Boot Camp George	Yoga Pearl	PiYo Stacie	Yoga Pearl	 SilverSneakers Ryan	Cycle Avery
11:30 am	 ZUMBA® Terri	 ZUMBA® Gold Jan	 ZUMBA® Shine	Yoga Sara	 ZUMBA® Shine	Yoga Chris (11:45)	Yoga Chris
12:30 pm	 ZUMBA® Gold Jan		 SilverSneakers Ryan	 ZUMBA® Gold Jan	 SilverSneakers Ryan		
4pm	(4:30) AB Dominator Ryan (30 Min.)	Bootcamp Elizabeth	(4:30) AB Dominator Ryan (30 Min.)	(4:30) AB Dominator Ryan (30 Min.)	Yoga Michelle		
5:15 pm	Yoga Sara	Cycle JR	HIIT Tanner	Cycle JR	Cycle JR		
5:30 pm		Bootcamp Brian	Cycle JR	 ZUMBA® Gold Jan	Bootcamp Brian		
6:30 pm	HIIT Tanner	Power Yoga Rebecca	 ZUMBA® Toning Laura	 ZUMBA® Toning Laura			
7:45 pm	 ZUMBA® Toning Laura	HIIT Elizabeth		HIIT Ryan			

GYM HOURS: Mon-Thurs 4:30am - 11pm | Friday 4:30am - 10pm | Sat & Sun 7am - 7pm

KIDS ROOM HOURS: Mon - Fri 8am - 1pm & 4pm - 8pm | Sat 8am - 1pm | Sun 9am - 1pm

 for current updates. Classes for a nominal fee, schedule subject to change. Updated 07/01/2019.

AB Dominator: No choreography allowed. This class focuses on core strength and will motivate and get your core in shape.

Boot Camp: Enjoy a variety of exercises like jump rope, boxing drills, and free weights. Will take your cardio to a new level.

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

HIIT: HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

Piloxing: a crazy blend of boxing, dancing, and standing pilates. Basically it is the brain-child of fat burning, lean muscle-building, and FUN.

PiYo: combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility advantages of Yoga.

Power Yoga Flow: combination of dynamic breathing and strong, flowing movements which creates a high energy workout. You will build strength and it will help loosen up those tight joints and muscles.

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

Total Body Strength: Describes the primary elements your body will demand each time you participate in. Total Body Strength is high intensity and endurance utilizing 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio.

TRX/Suspension: is a workout that supports gravity and your bodyweight to perform hundreds of exercises. You're in control of how you want to challenge yourself on each exercise - you can simply adjust your body position to add or decrease resistance.

Yoga: A combination of Yoga and stretching techniques to help extend your muscles and clear your mind and body.

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 Toning: Zumba Toning incorporates weighted toning sticks to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights. People can use dumbbells up to 3 pounds for the class. It's fun and adds a twist to Zumba.