
















WEEKLY CLASS SCHEDULE

GROUP FITNESS CLASSES

951.679.0019 2 Rooms, 2 Different Classes! All classes start on the hour unless noted.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Spin Sculpt Alyssa				Spin Sculpt Alyssa		
7am		Sculpt Melissa	Sculpt Melissa	Sculpt Melissa			
8am	Kickboxing Melissa	Total Body Strength Sue	Total Body Conditioning Susan	Chizle Sandy	Butts & Guts Michelle	Bootcamp Tatiana	
9am	Cycle Melissa	Cycle Jason	Cycle Sandy	Cycle Alyssa	Cycle Melissa	Yoga Lisa	Cycle Valerie
	 Diane	 Diane	 Diane	Power Yoga Melissa	Barre Michelle	Cycle Tatiana	
10am	Yoga Sculpt Melissa	Pilates Sue	Pound Kimiko	Kickboxing Melissa	 Diane	 Christina	
11am	 Loretta	 Richard	Yoga Flow Melissa	 Richard	 Loretta		 Lily
12pm		Yoga Lisa					
5pm	 Loretta	Kickboxing Valerie	Chizle Sandy	Total Body Strength Sue			
	Cycle Sandy						
6:30 pm	Chizle Sandy	 Loretta	Yoga Flow Lisa	Pilates Sue			
			Cycle Sandy				
8pm			 Lily				

GYM HOURS: Mon 4am - midnight | Tues - Thurs: 24 hours | Fri 12am - 11pm | Sat and Sun 5am - 8pm

KIDS CLUB: Mon - Sat: 8am - 12pm | Mon - Thurs 4pm - 8pm

 for current updates. Group classes included with premier membership types, schedule subject to change. Updated 07/11/2021.

Barre: Although the name may fool you, this class is not a ballet class, it is a fitness class that utilizes the ballet barre to create a workout incorporating 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 chizle the whole body. Ballet-inspired workouts are a great way to develop lean muscle mass while improving your balance, flexibility, and range of motion.

Body Conditioning: A full body workout for any level to help tone and define your body.

Bootcamp: 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.

Butts and Guts: A Bootcamp style workout that focuses and strengthens your core, booty and thighs.

Chizle: Chizle is a low impact, light weight, high rep, total body workout good for toning and tightening your body while focusing on strengthening and shaping the core. Perfect for all fitness levels from beginner to advanced.

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

Kickboxing: Dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Improve your strength, agility and quickness while burning tons of calories! All fitness levels.

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.

Pound: Pound is a full body energized toning workout for all fitness levels. It combines cardio and strength conditioning thru Yoga and Pilates inspired movements using lightly weighted drumsticks.

Power Yoga: Power Yoga is a breath to movement format combined with strengthening exercises. We will work with power, range of motion, flexibility and overall body tone.

Sculpt: 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.

Spin/Sculpt: The perfect complete workout with 30 minutes of Cycle and 30 minutes of Body Sculpting.

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.

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.

Yoga Sculpt: Yoga Sculpt is the best of both worlds, a gentle combination of Yoga inspired moves with subtle hints of Sculpt through and through.

Zumba: 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.