

4971 Clairemont Dr.
San Diego, CA 92117
(858) 483-9294



Fitness Center Hours:
Mon-Thurs: 5:00 AM – 10:00 PM
Fri: 5:00 AM – 8:00 PM
Sat: 7:00 AM – 6:00 PM
Sun: 8:00 AM – 6:00 PM

Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 8:55am Level	8:30 – 9:25am Rachel	8:00 – 8:55am Victoria		8:00 – 8:55am Graciela	8:30 – 9:25am Graciela	8:15-9:10am Mitch
9:00 – 9:55am Chandler	9:30 – 10:25am Micki	9:00 – 9:55am Rachel	9:00 – 9:55am Level	9:00 – 9:55am Graciela	9:30-10:25am Debbie P	9:30 – 10:25am Rachel
10:00 – 10:55am Debby B		10:00 – 10:55am Micki		10:00 – 10:55am Micki	10:45 -11:40am Alesia	
11:00 – 11:55am Debby B	11:00 – 11:55am Jeff	11:00 –11:55am Micki				
	12:00 – 12:55pm Jane B		12:00 – 1:15pm Jane R/ Melaminah			
4:30 -5:25pm Alesia		4:30 – 5:25pm Christina G		4:30 – 5:25pm Annejelina		
5:30 – 6:25pm Debbie P	5:30 – 6:25pm Graciela	5:30 – 6:25pm Susana	5:30 – 6:25pm Debbie P	5:30 – 6:25pm Susana		
6:30 – 7:25pm Lauren	6:30 – 7:25pm Christina C		6:30 – 7:25pm Liz			
			8:00-10:00pm Israeli Folk Dancing *Additional fee		1. Please wait before previous class has ended before entering. 2. No personal items on the floor. 3. Yoga mat required for floor work 4. Turn off cell phones before class	

The Back Class	Exercise focused on treatment, rehabilitation, and prevention of back and neck injuries. Improves posture, core strength and balance. <i>All Levels</i>
Body Sculpting	Body Sculpting is a class that will tone your whole body. Using the combination of light weights and tubing, challenge your entire body in ways you never thought possible! <i>All Levels</i>
BOSU Sculpt	This class combines cardio, strength, and core stability training into one challenging total body workout. <i>Intermediate</i>
Circuit Training	A dynamic class involving upper and lower body. Increase strength and muscle mass leading to accelerated fat and calorie burning even while you sleep. Tone all your muscles and feel great! <i>All Levels</i>
Cardio Pilates	Blend ballet movements with Pilates principles requiring focused control and breathing to shape and tone your body and improve balance from core strength. <i>All Levels</i>
Cardio Sculpt	A fairly intense class combines cardio with weights and barbells. All in one – get your heart rate up and tone all your muscles groups! <i>All Levels</i>
Centering	This class incorporates the use of light weights, stretching, Yoga, Tai Chi, Qi Gong, and dance. Enhance your mind, body, and soul. <i>All Levels</i>
Essentrics	Essentrics/Aging Backwards- Tai Chi, Aerobics, Ballet and Physical Therapy Techniques leave you pain-free, energized and balanced <i>All Levels</i>
Gentle Yoga	A gentle class that incorporates breath and stretching. Therapeutic and balancing for the mind and body. Great for beginners! <i>Beginner</i>
Pure Energy	A low to moderate impact class focused on fun and creative combinations. Includes abdominal toning and a total body stretch. <i>All Levels</i>
R.I.P.P.E.D	The one stop body shock! This high intensity program uses free weights in combining Resistance, Intervals, Power, Plyometrics, Endurance, and Diet to help you attain and maintain your physique in a fun way! <i>All Levels</i>
Silver Sneakers 1	This class puts together a variety of exercises to increase muscular strength, range of motion, and activity for daily living. Use of light weights, tubing, and a ball for resistance. A chair is provided for support. <i>Beginner</i>
Silver Sneakers 2	A non- impact cardio conditioning class presented in a circuit format with alternating resistance moves and aerobic choreography. <i>Beginner</i>
U-Jam	U-Jam Fitness takes you around the world from Bollywood to Hip-Hop with an intense cardio dance workout designed to burn calories, tone your body, and leave you begging for more! <i>All Levels</i>
Yoga	Yoga is a good remedy to balance the mind and body. It improves concentration, mental focus, balance, and flexibility. <i>All Levels</i>
Zumba	A fusion of Latin dance themes set to international music that creates a dynamic, exciting, and effective fitness system. Easy to follow! No dance experience necessary. <i>All Levels</i>
Zumba Toning	Incorporates lightweights along with music and dance. More than just dancing, adding weights will enhance your sense of rhythm while targeting legs, back, chest and arms. <i>All Levels</i>