

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 ZUMBA fitness Level	8:30 – 9:25am ZUMBA toning Rachel	8:00 – 8:55am BODY SCULPT Level		8:00 – 8:55am BODY SCULPT Graciela	8:30 – 9:25am ZUMBA fitness Graciela	8:15-9:10am CENTERING Mitch
9:00 – 9:55am BODY SCULPT KD	9:30 – 10:25am CARDIO PILATES Micki	9:00 – 9:55am ZUMBA fitness Rachel	9:00 – 9:55am ZUMBA fitness Level	9:00 – 9:55am PURE ENERGY Graciela	9:30-10:30am CARDIO SCULPT Debbie P	9:30 – 10:25am ZUMBA fitness Rachel
10:00 – 10:55am SILVER SNEAKERS 1 Debby B		10:00 – 10:55am SILVER SNEAKERS 1 Micki	10:45 – 11:15am BOOM "MOVE IT" BOOM Micki	10:00 – 10:55am SILVER SNEAKERS 1 Micki	10:45 -11:40am ESSEINTRICS Alesia	
11:00 – 11:55am SILVER SNEAKERS 2 Debby B	11:00 – 11:55am THE BACK CLASS Jeff	11:00 – 11:55am SILVER SNEAKERS 2 Micki	11:15 – 11:45am BOOM "MIND" BOOM Micki			
	12:00 – 12:55pm GENTLE YOGA Jane B		12:00 – 1:15pm GENTLE YOGA (75 MIN) GENTLE YOGA (75 MIN) Nichole/ Melaminah	12:00 -12:55pm ESSEINTRICS Sue *Starting Sept. 14th		
4:30 -5:25pm ESSEINTRICS Alesia		4:30 – 5:25pm YOGA Christina G		4:30 – 5:25pm YOGA Lauren		
5:30 – 6:25pm RIPPED Debbie P	5:30 – 6:25pm CIRCUIT TRAINING CIRCUIT TRAINING Graciela	5:30 – 6:25pm ZUMBA toning Susana	5:30 – 6:25pm BOSU Sculpt Debbie P	5:30 – 6:25pm ZUMBA fitness Susana		
6:30 – 7:25pm YOGA Lauren	6:30-7:25pm ZUMBA fitness TBA	6:30 – 7:25pm PILATES Sylvia	6:30 – 7:25pm ZUMBA fitness Maria		<b>1. Please wait before previous class has ended before entering</b> <b>2. No personal items on the floor</b> <b>3. Turn off cell phones before class</b> <b>4. All classes except Zumba, Zumba Toning 8:30am, Silver Sneakers 1&amp;2, and Latin Rhythms require a mat</b>	
			8:00-10:00pm Israeli Folk Dancing *Additional fee			

The Back Class	Exercise focused on treatment, rehabilitation, and prevention of back and neck injuries. Improves posture, core strength and balance. <i>All Levels *Mat Required</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 *Mat Required</i>
BOOM “mind”	Focus on improving balance and flexibility with mindful breathing. Engage your core in a calming yet invigorating workout. Bring a mat if you have one. <i>All Levels *Mat Required</i>
BOOM “move it”	Dance to the beat and move to the rhythms of the music that will inspire you. Fun Cardio to keep your body and mind fit. <i>All Levels *Mat Required</i>
BOSU Sculpt	This class combines cardio, strength, and core stability training into one challenging total body workout. <i>Intermediate *Mat Required</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 *Mat Required</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 *Mat Required</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 *Mat Required</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 *Mat Required</i>
Essentrics	Aging backwards- Tai Chi, Aerobics, Ballet and Physical Therapy Techniques leave you pain-free, energized and balanced <i>All Levels *Mat Required</i>
Gentle Yoga	A gentle class that incorporates breathing and stretching. Therapeutic and balancing for the mind and body. <i>Beginner *Mat Required</i>
Pilates	This class works to build core strength, coordination, improve posture, correct alignment and improve flexibility. Goal is to elongate and strengthen while improving muscle elasticity and joint mobility with mind body connection. <i>All Levels *Mat Required</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 *Mat Required</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 *Mat Required</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>
Yoga	A good remedy to balance the mind and body. It improves concentration, mental focus, balance, and flexibility. <i>All Levels *Mat Required</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 *Mat Required ONLY for 5:30pm Wednesday class</i>