

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

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 Strength	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>
Silver Sneakers Cardio Fit	A higher intensity dance workout class that improves cardio endurance and burns calories. Cardio Fit is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. <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</i>

