

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>Maria</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>Joanna</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>12:15 -1:15pm</p> <p>Tai Chi</p> <p>Peter</p>	<p>12:00 – 1:15pm</p> <p>GENTLE YOGA</p> <p>Jane</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>Joanna</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>KD</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&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. <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. <i>Beginner</i>
Tai Chi	Tai chi is an ancient healing art with self-defense aspects. People have been practice for hundred of years for purpose of longevity and health benefits. Its gentle movements and mindful practices are ideal for anyone. <i>All Levels</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>

