

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 Cardio Strength Rachel	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	9:35 – 10:35am Silver Sneakers "Boom" Silver Sneakers Micki	9:00 – 9:55am ZUMBA fitness Maria	9:00 – 9:55am ZUMBA fitness Level	9:00 – 9:55am Pure Energy Graciela	9:30-10:30am Cardio Strength Rachel	9:30 – 10:25am ZUMBA fitness Dany
10:00 – 10:55am Silver Sneakers Debby	11:00 – 11:55am The Back Class Jeff	10:00 – 10:55am Silver Sneakers Micki	10:00 – 10:55am Silver Sneakers Joanna	10:00 – 10:55am Silver Sneakers Joanna	10:45 -11:40am Essentrics Alesia	
11:00 – 11:55am Silver Sneakers Joanna	12:00 – 12:55pm Gentle Yoga Jane	11:00 – 11:55am Silver Sneakers Cardio Fit Micki	11:00 – 11:55am Cardio Pilates Micki	11:00 – 11:55am Silver Sneakers Cardio Fit Micki		
12:15 -1:15pm Tai Chi Peter		12:00 – 12:55pm Silver Sneakers Joanna	12:00 – 1:15pm Gentle Yoga (75 Min) Melaminah	12:15 -1:10pm Essentrics Alesia	12:00 -12:55pm Tai Chi Peter	
4:30 -5:25pm Essentrics Alesia		4:30 – 5:25pm Yoga Christina		4:30 – 5:25pm Yoga Christina		
5:30 – 6:25pm Cardio Strength KD	5:30 – 6:25pm Circuit Training Circuit Training Graciela	5:30 – 6:25pm ZUMBA toning Susana	5:30 -6:25pm Essentrics Alesia/Alane	5:30 – 6:25pm ZUMBA fitness Level	Group Fitness Rules: 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. Most classes require a mat. Please check the description on the back of this page. Being Fit does not provide mats for the classes. Please plan accordingly.	
6:30 – 7:25pm Yoga Christina	6:30-7:25pm ZUMBA fitness Maria	6:30 – 7:25pm Pilates Michelle	6:30 – 7:25pm ZUMBA fitness Maria			
			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>
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>
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>
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>
Silver Sneakers	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 “Boom”	Focus on improving balance and flexibility with mindful breathing. Engage your core in a calming yet invigorating workout. A fun cardio workout will keep your body and mind fit. <i>All Levels *Mat Required</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 practiced for hundreds of years for the 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>