

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



Fitness Center Hours:
Mon-Friday: 5:15 AM – 8:00 PM
Sat: 7:00 AM – 4:00 PM
Sun: 8:00 AM – 4:00 PM

Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 8:55am ZUMBA fitness Staff	8:30 – 9:25am ZUMBA toning 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 ZUMBA fitness Maria	8:45 – 9:40am ZUMBA fitness Dina			9:30 – 10:25am ZUMBA fitness Dany
10:00 – 10:55am Silver Sneakers Debby		10:15 – 11:15am Silver Sneakers Micki	10:00 – 10:55am Silver Sneakers JoAnna	10:00 – 10:55am Silver Sneakers JoAnna	10:45 -11:40am Essentrics Alane	
	11:00 – 11:55am The Back Class Jeff					
12:15 -1:15pm Tai Chi Peter	12:15 – 1:10pm Gentle Yoga Staff		12:00 – 1:15pm Gentle Yoga (75 Min) Melaminah	12:15 -1:10pm Essentrics Sue	12:00 -12:55pm Tai Chi Peter	DON'T FORGET TO BRING YOUR MASK
					Group Fitness Rules:	
4:30 -5:25pm Essentrics Sue		4:30 – 5:25pm Yoga Christina			1. Please wait outside gym before previous class has ended before entering.	
		5:30 – 6:25pm ZUMBA toning Susana	5:30 -6:25pm Essentrics Alane		2. Please follow social distancing guidelines	
	6:30-7:25pm ZUMBA fitness Maria		6:30 – 7:25pm ZUMBA fitness Maria		3. All classes will be limited to 25 people.	
					4. No personal items on the floor/ <u>no saving spots</u>	
					5. Turn off cell phones before class	
					6. Most classes require a mat. Please check the description on the back of this page. <u>Being Fit does not provide mats for the classes. Please plan accordingly.</u>	
					7. Please exit through the back door of the room.	

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>
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>
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>
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>