





















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  Dany	8:30 – 9:25am  Rachel			8:00 – 8:55am  Graciela	8:30 – 9:25am  Graciela	
		9:00 – 9:55am  Maria	8:45 – 9:40am  Dina			9:30 – 10:25am  Dany
10:00 – 10:55am  Debby		10:15 – 11:15am  Micki	10:00 – 10:55am  JoAnna	10:00 – 10:55am  JoAnna	10:45 - 11:40am  Alane	
12:15 - 1:15pm  Tai Chi Peter	12:15 – 1:10pm  Gentle Yoga Staff		12:00 – 1:15pm  Gentle Yoga (75 Min) Melaminah		12:00 - 12:55pm  Tai Chi Peter	DON'T FORGET TO BRING YOUR MASK
					<p>Group Fitness Rules:</p> <ol style="list-style-type: none"> 1. Please wait outside gym before previous class has ended before entering. 2. Please follow social distancing guidelines 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. 	
4:30 - 5:25pm  Essentrics Sue						
		5:30 – 6:25pm  Susana				
	6:30-7:25pm  Maria		6:30 – 7:25pm  Maria			

Body Sculpt	<p>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!</p> <p><i>All Levels *Mat Required</i></p>
Essentrics	<p>Aging backwards- Tai Chi, Aerobics, Ballet and Physical Therapy Techniques leave you pain-free, energized and balanced</p> <p><i>All Levels *Mat Required</i></p>
Gentle Yoga	<p>A gentle class that incorporates breathing and stretching. Therapeutic and balancing for the mind and body.</p> <p><i>Beginner *Mat Required</i></p>
Silver Sneakers	<p>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.</p> <p><i>Beginner</i></p>
Tai Chi	<p>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.</p> <p><i>All Levels</i></p>
Zumba	<p>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.</p> <p><i>All Levels</i></p>
Zumba Toning	<p>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.</p> <p><i>All Levels</i></p>