



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



Fitness Center Hours:
 Mon-Thurs: 6:00 AM – 9:00 PM
 Fri: 6:00AM - 8:00 PM
 Sat: 8:00 AM – 4:00 PM
 Sun: 8:00 AM – 4:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 8:55am  Body Sculpt Rachel	8:00-8:55am Centering  Mitch			8:00 – 8:55am  Body Sculpt Graciela	8:30 – 9:25am  ZUMBA fitness Graciela	
9:00 – 9:55am  ZUMBA fitness Maria		9:00 – 9:55am  ZUMBA fitness Lavel	9:00 – 9:55am  ZUMBA fitness Mony			
	10:00 – 10:55am  Silver Sneakers Micki					
11:00 – 11:55am  Silver Sneakers Balance Nikki	11:00 – 11:55am  Silver Sneakers JoAnna	11:00 – 11:55am  Silver Sneakers Balance JoAnna	11:00 – 11:55am  Silver Sneakers JoAnna	11:00-11:55am Slow Flow Yoga  Nikki		
			12:00 – 12:55pm  Silver Sneakers CHAIR YOGA Nikki		12:00 -12:55pm  Tai Chi Peter	
					<p><u>Group Fitness Rules:</u></p> <ol style="list-style-type: none"> 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. Bring your own mat for classes that require floor work (yoga) 	
5:30 – 6:25pm  ZUMBA fitness Coco	5:30-6:25pm Yoga Sculpt  Nikki	5:30 – 6:25pm  ZUMBA toning Susana				
6:30-7:25pm Yoga  Christina	6:35 – 7:30pm  ZUMBA fitness Maria		6:30 – 7:25pm  ZUMBA fitness Coco			

Body Sculpting	<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>
Yoga Sculpt	<p>Mix of power yoga and lightweight strength training. Traditional yoga sequences incorporating hand weights to intensify each yoga pose, plus strength training exercises like lunges and push-ups, paired with high intensity cardio intervals.</p> <p><i>All Levels *Mat Required</i></p>
Slow Flow Yoga	<p>This class is a slow paced vinyasa flow class. It goes through a variety of postures at a slow pace syncing breath to movement to increase flexibility, strength, balance and help reduce stress.</p> <p><i>All Levels *Mat Required</i></p>
Yoga	<p>A good remedy to balance the mind and body. It improves concentration, mental focus, balance, and flexibility.</p> <p><i>All Levels *Mat Required</i></p>
Centering	<p>Fun fitness fusion class. Integrating weight training, stretching, and breathing techniques to enhance overall strength, flexibility, balance, and well-being.</p> <p><i>All Levels *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>
Silver Sneakers Balance	<p>Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.</p> <p><i>Beginner</i></p>
Silver Sneakers CHIAR YOGA	<p>This class will move your body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.</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>