















WEEKLY CLASS SCHEDULE

GROUP FITNESS CLASSES

951.600.0019 2 Rooms, 2 Different Classes! All classes start on the hour unless noted.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM		Pilates Lo	Total Body Strength Shelley	HIIT Shelley		Bootcamp Anabelle	
9:00 AM	Cardio Sculpt Juliette	Abs & Glutes Espie	Barre Juliette	Cardio Kickboxing Espie	Bootcamp Olivia	Yoga Emily	
	Cycle Iliana	Cycle Tina	Cycle Shelley	Cycle Kaleigh			
10:00 AM	 ZUMBA fitness Angelica	 ZUMBA fitness Miho	Yoga Shelley	 ZUMBA fitness Miho	 ZUMBA fitness Angelica	 ZUMBA fitness Lilly	
11:00 AM	Piyo Espie	Barre Juliette	 ZUMBA fitness Christina	Bootcamp Olivia	Yoga Kate		
12:15 PM	 ZUMBA gold Angelica	 SilverSneakers Anabelle	 SilverSneakers Alicia	 SilverSneakers Anabelle	 SilverSneakers Alicia		
4:00 PM	Bootcamp Loriane		Bootcamp Loriane				
6:00 PM	UJAM Lisa	UJAM Sivette	Mixxedfit Christina	 ZUMBA loriane Lilly			

GYM HOURS: Mon - Fri: 4am-11pm | Sat & Sun: 5am-8pm

KIDS CLUB HOURS: Monday - Saturday 8am-12pm | Monday - Thursday 4pm-8pm

 for current updates. Group classes included with premier membership types, schedule subject to change. Updated 02/04/25.

Barre: This class utilizes the ballet barre to create a workout that incorporates your whole body, emphasizing on your core, legs, arms and booty. Barre fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Ballet- inspired workouts are a great way to develop lean muscle mass while improving your balance, flexibility, and range of motion.

Abs and Glutes: A class dedicated to toning of your abs and glutes with movements and cardio. Classes will focus on core strengthening to build muscles, in addition, it'll also target your quads and hamstrings.

Boot Camp: Timed stations for an overall amazing workout, variety of TRX, core, cardio, barbells and dumbbells in every class. Building muscle to break down fat. Beginners through advance welcome.

Cycle: This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

Kickboxing: A great full body workout combining kicking and punching to develop a lean mean defined body.

Mixedfit: MixedFit is a people inspired fitness program that combines explosive dance movements with bodyweight toning.

Pilates: An intense condensed class focused on core strength and stability with the added bonus of tone and definition. Mat format may include weights, tubing, and exercise balls. Beginners welcome.

Power Yoga: A rigorous yoga class with demanding strength postures that will have you moving, breathing and sweating. The class focuses on building core strength by moving through postures with fluidity and holding poses in order to strengthen, balance, detoxify, and exhilarate the body and mind.

Piyo: Pilates, yoga and strength training combined into one fitness class. This low impact workout will increase your fitness level, core strength, balance and posture.

Sculpt: A class of interval cardio & strength training. This class will build you up, boost your energy and leave you craving more!

Senior Boom: This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Total Body Strength: This total body routine focuses on using multiple muscle groups from upper, lower and core to give you an awesome, comprehensive workout. Uses weights and barbells to tighten and tone your entire body.

UJAM: A dance fitness class using urban music where every class feels like a party. Similar to Zumba, but with more hip hop music rather than samba styles. It is a cardio dance experience that feels more like a 90's house party than a workout.

Yoga: A combination of Yoga and stretch techniques to help elongate your muscles and clear your mind and body.

Zumba: A dance fitness workout that anyone can do. You will achieve long term benefits while having an absolute blast in an exhilarating hour of calorie-burning. Latin dancing with Hip Hop and belly dancing moves.

Zumba Toning: Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles by adding in lightweight maraca like toning sticks to enhance rhythm and tone all