

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM - 8:50AM CM HIIT MEETING ROOM CARLOS (20) 	5:15AM - 6:05AM LIFT & RUN YARD CARLOS (20) 	6:00AM - 6:50AM HIIT MEETING ROOM MELANIE (20) 	5:15AM - 6:05AM LIFT & RUN YARD CARLOS (20) 	8:00AM - 8:50AM ULTIMATE CONDITIONING MEETING ROOM ALEJANDRA (20) 	8:00AM - 8:50AM CYCLE STRENGTH MEETING ROOM KATHY (10) 
9:00AM - 9:50AM TONE & SCULPT MEETING ROOM TERI (15) 	7:00AM - 7:50AM POWER PEDAL MEETING ROOM KATHY (10) 	9:30AM - 10:20AM AQUA FIT POOL TERI (25) 	8:00AM - 8:50AM YOGA MEETING ROOM ALEJANDRA (18) 	8:30AM - 9:20AM AQUA FIT POOL TERI (25) 	9:15AM - 10:05AM CM DANCE MEETING ROOM ANGELA (40) 
10:30AM - 11:20AM CM HIIT MEETING ROOM CARLOS (20) 	8:00AM - 8:50AM ULTIMATE CONDITIONING MEETING ROOM ALEJANDRA (20) 	12:30PM - 1:20PM CM HIIT YARD MARCELLUS (24) 	8:30AM - 9:20AM AQUA FIT POOL TERI (25) 	9:15AM - 10:05AM YOGA MEETING ROOM ALEJANDRA (20) 	10:15AM - 11:05AM ULTIMATE CONDITIONING MEETING ROOM ANGELA (25) 
6:00PM - 6:50PM CYCLE YOGA MEETING ROOM KATHY (10) 	9:15AM - 10:05AM TONE & SCULPT MEETING ROOM ALEJANDRA (20) 	5:30PM - 6:20PM XTREME HIP HOP[®] STEP MEETING ROOM LATISHA (24) 	9:15AM - 10:05AM CM HIIT MEETING ROOM CARLOS (20) 	9:30AM - 10:20AM AQUA FIT POOL TERI (25) 	
	5:00PM - 5:50PM CROSS STRENGTH YARD CARLOS (15) 		9:30AM - 10:20AM AQUA FIT POOL TERI (25) 	10:15AM - 11:05AM CHAIR YOGA MEETING ROOM ALEJANDRA (9) 	
			5:30PM - 6:20PM XTREME BURN[®] MEETING ROOM LATISHA (24) 	4:00 PM - 4:50PM BURN CAMP YARD MARCELLUS (24) 	
			6:30PM - 7:20PM ZUMBA[®] MEETING ROOM JARVIER (35) 		



← RESERVE YOUR SPOT ONLINE

-  Strength & Conditioning
-  Cardio & Dance
-  Mobility & Recovery
-  Aqua Aerobic
-  Cycle
-  Paid Classes

STRENGTH & CONDITIONING

Our Strength and Conditioning classes combine strength training, high-intensity cardio, core sculpting, and flexibility to help you build endurance, burn fat, and improve overall fitness.

MOBILITY & RECOVERY

Our mind-body classes focus on flexibility, strength, balance, and relaxation. Yoga helps release tension and deepen flexibility, while tone & sculpt builds muscle endurance and functional strength promoting overall well-being.



CARDIO & DANCE



Our high-energy cardio classes combine dance, step, and full-body workouts set to motivating music. From the uplifting Zumba to the intense Xtreme Burn, each class keeps you moving and burning calories.



AQUA FITNESS



Our Aqua Fitness classes combine water resistance with strength, cardio, and flexibility for a full-body, low-impact workout. Each class builds endurance, protects your joints, and enhances balance, core strength, and flexibility.



CYCLE



Our fusion cycling classes offer a balanced mix of cardio, strength, and recovery. Cycle Strength alternates high-energy cycling with full-body dumbbell training, while Cycle Yoga Fusion combines intense intervals with yoga stretches to enhance flexibility and prevent overuse injuries. Perfect for all fitness levels, these classes build endurance, strength, and mobility.



PREMIUM CLASSES



Please see **Premium Fitness Class** schedule for more information and current offerings.