

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM - 8:50AM <b>CM HIIT</b> MEETING ROOM CARLOS (15) 	5:15AM - 6:05AM <b>LIFT &amp; RUN</b> YARD CARLOS (20) 	6:00AM - 6:50AM <b>HIIT</b> MEETING ROOM MELANIE (20) 	5:15AM - 6:05AM <b>LIFT &amp; RUN</b> YARD CARLOS (20) 	8:00AM - 8:50AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM JOE (20) 	8:00AM - 8:50AM <b>CYCLE STRENGTH</b> MEETING ROOM KATHY (10) 
8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	7:00AM - 7:50AM <b>CYCLE STRENGTH</b> MEETING ROOM KATHY (10) 	8:00AM - 8:50AM <b>CM HIIT</b> MEETING ROOM VIC (15) 	8:00AM - 8:50AM <b>YOGA</b> MEETING ROOM ALEJANDRA (18) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	9:15AM - 10:05AM <b>CM DANCE</b> MEETING ROOM ANGELA (40) 
9:15AM - 10:05AM <b>STONE &amp; SCULPT</b> MEETING ROOM TERI (15) 	8:15AM - 9:05AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM ALEJANDRA (20) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	9:15AM - 10:05AM <b>YOGA</b> MEETING ROOM ALEJANDRA (20) 	10:15AM - 11:05AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM ANGELA (25) 
9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (25) 	9:15AM - 10:05AM <b>CM HIIT</b> MEETING ROOM JOE (20) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (25) 	
10:30AM - 11:20AM <b>CM HIIT</b> MEETING ROOM JOE (20) 	9:15AM - 10:05AM <b>STONE &amp; SCULPT</b> MEETING ROOM ALEJANDRA (20) 	10:15AM - 11:05AM <b>CHAIR YOGA</b> MEETING ROOM ALEJANDRA (9) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (25) 	10:15AM - 11:05AM <b>CHAIR YOGA</b> MEETING ROOM ALEJANDRA (9) 	
6:00PM - 6:50PM <b>CYCLE YOGA</b> MEETING ROOM KATHY (10) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	12:30PM - 1:20PM <b>CM HIIT</b> YARD MARCELLUS (24) 	5:00PM - 5:50PM <b>CROSS STRENGTH</b> YARD VIC (15) 	4:00 PM - 4:50PM <b>BURN CAMP</b> YARD MARCELLUS (24) 	
	10:30AM - 11:20AM <b>ULTIMATE CONDITIONING</b> MEETING ROOM JOE (15) 	5:30PM - 6:20PM <b>XTREME HIP HOP® STEP</b> MEETING ROOM LATISHA (24) 	5:30PM - 6:20PM <b>XTREME BURN®</b> MEETING ROOM LATISHA (24) 	5:00PM - 5:50PM <b>AQUA FIT</b> POOL JOLENE (25) 	
	5:00PM - 5:50PM <b>CROSS STRENGTH</b> YARD CARLOS (15) 	6:30PM - 7:20PM <b>KETTLEBELL FOUNDATIONS</b> YARD MELANIE(15) 	6:30PM - 7:20PM <b>ZUMBA®</b> MEETING ROOM JARVIER (35) 		

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

## 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.



**RESERVE  
YOUR  
SPOT ONLINE**