



GROUP EXERCISE SCHEDULE

FITNESS CENTER/POOL – (909) 820-2611



Fitness Center Hours

Monday – Thursday 5:00 a.m. to 10:00 p.m.

Friday - 5:00 a.m. to 8:00 p.m.

Saturday and Sunday - 7:00 a.m. to 4:00 p.m.

CALL THE DAY OF TO SIGN IN FOR ANY CLASS AND RECEIVE EMAIL UPDATES.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
A.M. 6:00			Total Body <i>Ruth</i>		Total Body <i>Ruth</i>	
8:00	Cardio Fit <i>Jean</i>	Pilates <i>Jean</i>	Cardio Fit <i>Jean</i>	Pilates <i>Jean</i>		
9:00	Aqua Fitness <i>Rita</i> Chair Yoga <i>Mark</i>	Aqua Fitness <i>Christine</i> Zumba <i>Danille</i>	Aqua Fitness <i>Christine</i> Zumba <i>Danille</i>	Aqua Fitness <i>Rita</i> Zumba <i>Danille</i>	Aqua Fitness <i>Rita</i>	Aqua Fitness <i>Stephanie</i> Zumba <i>Gina</i>
10:15	Senior Fitness <i>Mark</i>		Senior Fitness <i>Marie</i>		Senior Fitness <i>Marie</i>	10:00 AM Zumba Toning <i>Gina</i>
P.M. 12:00		SilverSneakers® Classic <i>Mark</i>		SilverSneakers® Classic <i>Mark</i>		
5:00		Fit. Orientation <i>Ray</i>		Fit. Orientation <i>Ray</i>		
5:30	Total Body <i>Ruth</i>		Total Body <i>Ruth</i>			
6:00		Aqua Fitness <i>Stephanie</i> Indoor Cycling <i>Mark</i>		Aqua Zumba <i>Jennifer</i> Indoor Cycling <i>Mark</i>		
6:30	Zumba Toning <i>Carmen</i>		Zumba Toning <i>Carmen</i>		Zumba <i>Carmen</i>	
7:00		Yoga Fitness <i>Mark</i>		Yoga Fitness <i>Mark</i>		
7:30	Zumba <i>Carmen</i>		Zumba <i>Esther</i>			
8:00		Zumba <i>Gina</i>		Zumba <i>Gina</i>		
8:30	Zumba Toning <i>Gina</i>		Zumba Toning <i>Gina</i>	Class Schedule is subject to change. 5/30/2018		