



JANUARY 2019 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:00am Studio A Estevan	ZUMBA® 9:00am Studio A Claudia	ZUMBA® 9:00am Studio A Karin	ZUMBA® 9:00am Studio A Cat	ZUMBA® 9:00am Studio A Claudia	Please join us at our Commercial Ave. location for weekend classes.	
ZUMBA STEP® 10:00am Studio A Cat	H.I.I.T® High Intensity Interval Training 10:00am Studio A Claudia	Boot Camp 10:00am Studio A Karin	ZUMBA SENTAO® 10:00am Studio A Cat	Circuit Training 9:30am Studio B Karin		
				Strength and Mobility 10:30am Studio B Karin		
ZUMBA STEP® 6:00pm Studio A Cat	BOOT CAMP 6:00pm Studio A Claudia	ZUMBA® (Family) 6:00pm Studio A Claudia	H.I.I.T® High Intensity Interval Training 6:00pm Studio A Claudia	<p>Family Friendly No Contracts All Classes Included</p>		
ZUMBA® (Family) 7:00pm Studio A Cat	YOGA (Family) 6:00pm Studio B Maria	ZUMBA® (Family) 7:00pm Studio A Estevan	YOGA (Family) 6:00pm Studio B Maria			
	ZUMBA® (Family) 7:00pm Studio A Estevan	BOOT CAMP 7:00pm Studio B Claudia	ZUMBA® (Family) 7:00pm Studio A Claudia			

5427 Ray Ellison Blvd., San Antonio, TX 78242
(across from Alan B Shepard Middle School)

210-457-3377

www.centrofitnessSA.com

GROUP EXERCISE CLASS DESCRIPTIONS

- ZUMBA:** Calorie burning dance fitness, mixing low intensity and high intensity moves for an interval style. A total body workout combining all elements of fitness including cardio, muscle conditioning, balance and flexibility.
- ZUMBA STEP:** Combining the awesome power of Step aerobics with a fun fitness atmosphere, Zumba Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.
- ZUMBA SENTAO:** Combining strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.
- YOGA:** Aligning body and mind using postures and breathing to improve flexibility and muscular balance.
- H.I.I.T:** High-Intensity Interval Training is a form of exercise in which you alternate between high intensity exercise intervals and short recovery periods for a more efficient workout.
- BOOT CAMP:** Cardio & Strength enhancing exercises to include, but not limited to squats, push ups, jogging, lifting weights & other alternative movements.
- CIRCUIT TRAINING:** Multilevel class which consists of stations focusing on strength, endurance and cardio exercises.
- STRENGTH and MOBILITY:** Multilevel class helps improve functional strength for everyday living focusing on flexibility and mobility.

CENTRO FITNESS

HOURS OF OPERATION

Monday-Friday 5am-10pm

Saturday 8am-6pm - Sunday 12pm-6pm