



# MAY 2019 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:00am Studio A Cat	ZUMBA® 9:00am Studio A Claudia	ZUMBA® 9:00am Studio A Karin	ZUMBA® 9:00am Studio A Cat	ZUMBA® 9:00am Studio A Claudia	BOOT CAMP 9:00am Studio A Cat	
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	ZUMBA® (Family) 10:00am Studio A Cat	
				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><i>May you be happy. May you be well. May you be safe. May you be peaceful and at ease.</i></p> <p><b>Family Friendly</b> <b>No Contracts</b> <b>All Classes Included</b></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**



**COMPETITION BEGINS  
MONDAY, JULY 15TH**

**Registration Packets  
ready for pick up May 6th**

**1st Place Winner \$3000  
2nd Place Winner \$1500  
3rd Place Winner \$500**

**Open to the Public, Centro Fitness  
Membership not required to participate  
in the Weight Loss Challenge**

**All competition events and classes will take  
place at our Commercial Ave. location**

**Call us TODAY for more  
information · 210-334-3800**