



# SEPTEMBER 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	POUND® 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® (Family) 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><b>FRIENDS &amp; FAMILY REFERRAL PROGRAM</b></p> <p>1st Referral: Free Sweat Towel or Water Bottle</p> <p>2nd Referral: Free T-Shirt</p> <p>3rd Referral: \$10 off Monthly Dues</p> <p>4th Referral: One Free Month</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			
	ZUMBA KIDS® 7:00pm Studio B 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

**POUND:  
(NEW CLASS)**

**Pound Fitness is a combination of cardio and weight training, including some of the rhythmic techniques used in Pilates. Colorful, lightweight drumsticks called RipStix add an element of fun.**

**ZUMBA KIDS:  
(NEW CLASS)**

**Rocking, high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more.**

**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.**

## CENTRO FITNESS

### HOURS OF OPERATION

**Monday-Friday 5am-10pm**

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