



# SEPTEMBER 2019 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 9:00am Studio Maria	YOGA 9:00am Studio Maria	YOGA 9:00am Studio Maria	ZUMBA SENTAO® 9:00am Basketball Court Alejandra	ZUMBA® 9:30am Basketball Court Alejandra	H.I.I.T High Intensity Interval Training 9:00am Basketball Court Claudia	ZUMBA® (Family) 2:00pm Studio/Ballroom Estevan
ZUMBA® 9:00am Basketball Court Karin	ZUMBA® 9:00am Basketball Court Karin	ZUMBA® 9:00am Basketball Court Alejandra	ZUMBA® 10:00am Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Estevan	ZUMBA® (Family) 10:00am Basketball Court Claudia	
ZUMBA® 10:00am Basketball Court Alejandra	ZUMBA® 10:00am Basketball Court Alejandra	CARDIO BOXING 10:00am Punching Bags Alejandra	STEP 10:00am Ballroom Karin			
H.I.I.T High Intensity Interval Training 10:00am Ballroom Karin			H.I.I.T High Intensity Interval Training 11:00am Basketball Court Karin	<p><b>HAPPY</b> <i>Labor Day</i></p> <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) 6:00pm Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Alejandra	ZUMBA® (Family) 6:00pm Basketball Court Alejandra	H.I.I.T High Intensity Interval Training 6:00pm Basketball Court Karin			
YOGA 6:00pm Studio Maria	STEP 6:00pm Ballroom Karin	YOGA (Family) 6:00pm Studio Maria	ZUMBA® (Family) 7:00pm Basketball Court Karin			
ZUMBA® (Family) 7:00pm Basketball Court Estevan	ZUMBA® (Family) 7:00pm Basketball Court Alejandra	ZUMBA® (Family) 7:00pm Basketball Court Alejandra				
KICKBOXING 7:00pm Studio Alejandra	H.I.I.T High Intensity Interval Training 7:00pm Ballroom Karin					

**3800 Commercial Ave., San Antonio, TX 78221**  
(in between Formosa & Gillette St.)

**210-334-3800**

**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 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.
- STEP:** Combining the awesome power of Step aerobics with a fun fitness atmosphere, Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.
- 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.
- CARDIO BOXING:** Multilevel class consists of stations focusing on strength, endurance and cardio exercises utilizing punching bags.
- KICKBOXING:** Combining martial art techniques with fast paced cardio. This high energy workout challenges you to build stamina, improve coordination and burn calories within a fun and challenging workout.

## **CENTRO FITNESS**

### **HOURS OF OPERATION**

**Monday-Friday 5am-11pm**

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