



NOVEMBER 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>Black Light Zumba Party Wednesday, December 4th</p> <p>Event Location: 3800 Commercial Ave. \$5.00 in Advance - \$8.00 at the door Tickets go on Sale November 15th</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