



## April Group Exercise Schedule

3800 Commercial Ave. | 210-334-3800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ZUMBA®</b> 9:00 AM BB Court Alejandra	<b>ZUMBA®</b> 9:30 AM BB Court Alejandra	<b>ZUMBA®</b> 9:00 AM BB Court Alejandra	<b>ZUMBA®</b> 9:30 AM BB Court Alejandra			
<b>KICKBOXING</b> 10:00 AM BB Court Alejandra		<b>HIIT</b> 10:00 AM BB Court Alejandra				
<b>ZUMBA®</b> 6:00 PM BB Court Alejandra	<b>ZUMBA®</b> 6:00 PM BB Court Alejandra	<b>ZUMBA®</b> 6:00 PM BB Court Alejandra	<b>ZUMBA®</b> 6:30 PM BB Court Estevan			
<b>HIIT</b> 7:00 PM BB Court Juan	<b>20/20/20</b> 7:00 PM BB Court Alejandra	<b>BOOT CAMP</b> 7:00 PM BB Court Juan				

**HOURS:** Monday - Friday 5 am - 10 pm | Saturday 8 am - 6 pm | Sunday 12 pm - 6 pm



## April Group Exercise Schedule

5427 Ray Ellison Blvd. | 210-457-3377

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ZUMBA®</b> 9:30 AM Studio A Cat	<b>ZUMBA®</b> 9:00 AM Studio A Cat	<b>ZUMBA®</b> 9:30 AM Studio A Cat	<b>HIIT</b> 9:30 AM Studio A Claudia			
<b>ZUMBA®</b> 6:00 PM Studio A Yolanda	<b>BARRE PILATES</b> 10:00 AM Studio A Claudia	<b>ZUMBA®</b> 6:00 PM Studio A Cat	<b>ZUMBA®</b> 6:00 PM Studio A Cat			
<b>HIIT</b> 7:00 PM Studio A Claudia	<b>ZUMBA®</b> 6:00 PM Studio A Yolanda	<b>BARRE PILATES</b> 7:00 PM Studio A Claudia	<b>HIIT</b> 7:00 PM Studio A Claudia			

**HOURS:** Monday - Friday 5 am - 10 pm | Saturday 8 am - 6 pm | Sunday 12 pm - 6 pm

# Class Descriptions

- **20/20/20:** this class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core.
- **BARRE ABOVE:** this specialty class fuses the best of Pilates, yoga, aerobics, and the elements of the strengthening exercises dancers do. Barre Above™ delivers a results driven workout that is fun and dynamic.
- **BOOT CAMP:** A fast paced workout for the entire body. This class includes high intensity cardio, strength training, flexibility, speed, agility, and endurance work.
- **H.I.I.T CLASS:** A total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, and improve your endurance.
- **KICKBOXING:** Punch and kick your way into shape with a combination of boxing and kickboxing delivered in a high intensity fun environment.
- **ZUMBA:** A fusion of Latin and international music designed around fitness routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.