



Group Exercise Schedule

3800 Commercial Ave. | 210-334-3800

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:00 AM BB Court Alejandra	ZUMBA® 9:30 AM BB Court Alejandra	ZUMBA® 9:00 AM BB Court Alejandra	ZUMBA® 9:30 AM BB Court Alejandra	ZUMBA® 9:00 AM BB Court Gloria	ZUMBA® 9:00 AM BB Court Gloria	
KICKBOXING 10:00 AM BB Court Alejandra	YOGA 9:30 AM Studio Mari	HIIT 10:00 AM BB Court Alejandra	YOGA 9:30 AM Studio Mari			
ZUMBA® 6:00 PM BB Court Alejandra	ZUMBA® 6:00 PM BB Court Alejandra	ZUMBA® 6:00 PM BB Court Alejandra	ZUMBA® 6:30 PM BB Court Estevan			
HIIT 7:00 PM BB Court Estevan	YOGA 6:00 PM Studio Mari	HIIT 7:00 PM BB Court Estevan				
	STEP 7:00 PM BB Court Alejandra					

5427 Ray Ellison Blvd. | 210-457-3377

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA® 9:30 AM Studio A Cat	ZUMBA® 9:00 AM Studio A Cat	ZUMBA® 9:30 AM Studio A Cat	HIIT 10:00 AM Studio A Claudia	ZUMBA® 9:00 AM Studio A Claudia		
YOGA 9:30 PM Studio B Mari	BARRE PILATES 10:00 AM Studio A Claudia	YOGA 9:30 PM Studio B Mari	ZUMBA® 6:00 PM Studio A Gloria			
ZUMBA® 6:00 PM Studio A Yolanda	ZUMBA® 6:00 PM Studio A Cat	ZUMBA® 6:00 PM Studio A Cat	HIIT 7:00 PM Studio A Claudia			
YOGA 6:00 PM Studio B Mari		BARRE PILATES 7:00 PM Studio A Claudia				
HIIT 7:00 PM Studio A Claudia						

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

Kids Club Hours of Operation:

Monday-Saturday · 8am-12pm

Monday-Thursday · 4pm-8pm

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 PILATES:** 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.
- **YOGA:** This is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.
- **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.