

CLUB PARADISE AEROBICS – CLASS SCHEDULE

Classes located at Club Paradise Fitness 1371 S. Mission Rd. Updated 7/7/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Functional Fitness David (30 min)		Functional Fitness David (30 min)		
7:00 AM						
8:15 AM						
10:00 AM		Cardio HIIT Sarah (30 min)	Functional Fitness David (30 min)			
10:30 AM						
11:00 AM		Booty Builder Sarah (30 min)				
11:30 AM						
12:30 PM						
4:00 PM						
5:15 PM		Zumba® Perla	Cardio Blast Jane	Zumba® Perla	Weekend Unwind Melissa	
6:30 PM						
7:30 PM						

BOOT CAMP: Physical training class that encourages participants to do cardiovascular and strength training. Class uses battle ropes, speed ladders, and handheld weights. Ideal for beginners and athletes.

BOOT CAMP ELITE: Competition style class, including free body composition test to track member progress for members who purchase the monthly service. Focuses on mobility, flexibility, and strength training—an awesome way to burn fat! \$10 per class or additional monthly fee applies.

BOOTY BUILDER: Build strong and firm glutes that are ready for the beach. Bands, dumbbells, barbells and specific techniques will help *round out* your efforts to build your booty!

CARDIO BLAST: An intense and fun cardio and weight training class that torches calories and builds lean muscle! All levels.

CARDIO / CIRCUIT HIIT: High Intensity Interval Training. Cardio Outside!

CARDIO ENDURANCE: Sweat, Burn Calories and improve coordination in this 45 minute cardio endurance workout. This class combines cardio, resistance, power, and endurance which will help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

'NO PAIN NO JANE': Resistance training, cardio, & strength training followed by athletic stretching with Jane. All Levels Welcome.

SOLID CORE: 30 minutes of Ab / Core Training. Build the 6-pac you've always wanted!

SILVERSNEAKERS®:

Circuit Combine fun with fitness to increase your cardio & muscular endurance power with a standing circuit workout.

Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

Weekend Unwind: A relaxing way to get your weekend started right. Stretch those muscles and treat your body to some deserved me-time.

ZUMBA®: Join the party! A fun, upbeat fitness class incorporating Zumba® moves. Latin and International dance party for fitness. Or try the "Lite" side of Zumba incorporating the same moves but helping you to get active at your own pace!