

CLUB PARADISE AEROBICS – CLASS SCHEDULE

Classes located at Club Paradise Fitness 1371 S. Mission Rd. Updated 2/25/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	Boot Camp David	BOOT CAMP - ELITE David- Additional Fee	Boot Camp David	BOOT CAMP - ELITE David- Additional Fee	Boot Camp David	
7:00 AM	Solid Core David		Solid Core David		Solid Core David	
8:15 AM	8:30 AM Circuit / HIIT David	Step Flexercise Darlene	Cardio Conditioning / Sculpt Jane	Step Flexercise Darlene	'No Pain; No Jane'	8:30 AM 'No Pain; No Jane'
9:30 AM	BOOT CAMP - ELITE David- Additional Fee	Stretch/Flow Fitness Sandra	Circuit / HIIT David	Stretch/Flow Fitness Sandra	BOOT CAMP - ELITE David- Additional Fee	Athletic Stretching
10:30 AM	Booty Builder Sarah	CARDIO HIIT - ELITE Sarah- Fee / Outside		CARDIO HIIT - ELITE Sarah- Fee / Outside		
11:00 AM		SilverSneakers® Circuit		SilverSneakers® Circuit		
11:30 AM	SilverSneakers® Circuit		SilverSneakers® Circuit			
12:30 PM	Zumba® <i>(lite)</i> Perla	SilverSneakers® Circuit	Zumba® <i>(lite)</i> Perla	SilverSneakers® Circuit	Zumba® <i>(lite)</i> Perla	
4:00 PM		Zumba® Perla		Zumba® Perla		
5:15 PM	Cardio Blast Jane		Cardio Blast Jane		5 PM Weekend Unwind Melissa	
6:30 PM	Zumba® Perla		Zumba® Perla			
7:30 PM	Strong by Zumba® Perla		Strong by Zumba® Perla			

BODY SCULPT: Resistance training & strength training that uses weights or resistance or your own body weight to work out. It can help you get in shape, tone the body and lose weight.

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 CONDITIONING / SCULPT: Cardiovascular & weight training. Beginners & Intermediate

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!

STEP Flexercise: A fun combination of Step Aerobics combined with sculpting and dance.

STRETCH/FLOW FITNESS: Build strength, flexibility, endurance and balance with a sequence of poses, aligning breath with movement and focusing on good postural alignment. Modifications are demonstrated to make this class suitable for all levels.

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!