

# CLUB PARADISE AEROBICS – CLASS SCHEDULE

Classes located at Club Paradise Fitness 1371 S. Mission Rd. Updated 1/07/19

|                 | MONDAY  | TUESDAY  | WEDNESDAY                            | THURSDAY   | FRIDAY  | SATURDAY                      |
|-----------------|---|--|--------------------------------------|--|---|-------------------------------|
| <b>5:00 AM</b>  | Boot Camp<br>David                                | <b>BOOT CAMP - ELITE</b><br>David- Additional Fee  | Boot Camp<br>David                   | <b>BOOT CAMP - ELITE</b><br>David- Additional Fee  | Boot Camp<br>David                                |                               |
| <b>7:00 AM</b>  | Solid Core<br>David                               |  | Solid Core<br>David                  |  | Solid Core<br>David                               |                               |
| <b>8:15 AM</b>  | 8:30 AM<br>Circuit / HIIT<br>David                | Step 'N Sculpt<br>Laura                            | Cardio Conditioning /<br>Sculpt Jane | Step 'N Sculpt<br>Laura                            | 'No Pain; No Jane'                                | 8:30 AM<br>'No Pain; No Jane' |
| <b>9:30 AM</b>  | <b>BOOT CAMP - ELITE</b><br>David- Additional Fee | Stretch/Flow Fitness<br>Sandra                     | Circuit / HIIT<br>David              | Stretch/Flow Fitness<br>Sandra                     | <b>BOOT CAMP - ELITE</b><br>David- Additional Fee | Athletic Stretching           |
| <b>10:30 AM</b> | Booty Builder<br>Sarah                            | <b>CARDIO HIIT - ELITE</b><br>Sarah- Fee / Outside |                                      | <b>CARDIO HIIT - ELITE</b><br>Sarah- Fee / Outside |   |                               |
| <b>10:45 AM</b> |   | SilverSneakers®<br>Circuit                         |                                      | SilverSneakers®<br>Circuit                         |   |                               |
| <b>11:15 AM</b> | SilverSneakers®<br>Circuit                        |  | SilverSneakers®<br>Circuit           |  |   |                               |
| <b>12:00 PM</b> |   | SilverSneakers®<br>Classic                         |                                      | SilverSneakers®<br>Classic                         |   |                               |
| <b>12:30 PM</b> | Zumba® <i>(lite)</i><br>Perla                     |  | Zumba® <i>(lite)</i><br>Perla        |  | Zumba® <i>(lite)</i><br>Perla                     |                               |
| <b>4:00 PM</b>  |   | Zumba®<br>Perla                                    |                                      | Zumba®<br>Perla                                    |   |                               |
| <b>5:15 PM</b>  | Cardio Blast<br>Jane                              | 5:30 PM<br>Weapons of Mass<br>Construction Victor  | Cardio Blast<br>Jane                 | 5:30 PM<br>Weapons of Mass<br>Construction Victor  |   |                               |
| <b>6:30 PM</b>  | Zumba®<br>Perla                                   |  | Zumba®<br>Perla                      |  |   |                               |
| <b>7:30 PM</b>  | Strong by Zumba®<br>Perla                         |  | Strong by Zumba®<br>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.

**PILATES STRETCH:** Find your center with this dynamic and relaxing mat Pilates class! Designed to enhance balance, mobility, strength, and endurance. Class includes bodyweight exercises with small equipment and deep stretching. Beg & Int fitness levels.

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

**STEP N SCULPT:** 40 minutes of Step Aerobics combined with 20 minutes of sculpting.

**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.

**ZUMBA®:** Join the party! A fun, upbeat fitness class incorporating Zumba® moves. Latin and International dance party for fitness. Zumba Lite incorporates the same moves but helps you to get active at your own pace!