CLUB PARADISE AEROBICS – CLASS SCHEDULE

Classes located at Club Paradise Fitness 1371 S. Mission Rd. Updated 12/31/18

	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 'N Sculpt Laura	Cardio Conditioning / Sculpt Jane	Step 'N Sculpt Laura	'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		**CARDIO HIIT - ELITE** Sarah- Fee / Outside		**CARDIO HIIT - ELITE** Sarah- Fee / Outside		
10:45 AM		SilverSneakers® Circuit		SilverSneakers® Circuit		
12:00 PM	11:30 AM Booty Builder Sarah	SilverSneakers® Classic		SilverSneakers® Classic		
12:15 PM	Zumba® (Lite) Perla		Zumba® (Lite) Perla		Zumba® (Lite) Perla	
1:15 PM		SilverSneakers® Circuit		SilverSneakers® Circuit		
4:00 PM		Zumba® Perla		Zumba® Perla		
5:15 PM	Cardio Blast Jane	5:30 PM Weapons of Mass Construction Victor	Cardio Blast Jane	5:30 PM Weapons of Mass Construction Victor		
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.

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!