

## CLUB PARADISE AEROBICS – CLASS SCHEDULE

Classes located at Club Paradise Fitness 1371 S. Mission Rd. Updated 2/1/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Dumbbells & Donuts David		Dumbbells & Donuts David		
8:00 AM			Step N Jive Flexercise Tammie		Step N Jive Flexercise Tammie	8:30 am Step N Such
9:00 AM		Booty Builder Sarah	Stretch Melissa	Silver Slippers Tammie		
10:00 AM		Silver Slippers Tammie	Strengthen Melissa	Silver Slippers Tammie		
11:00 AM	Mindful Mondays Alex	Silver Slippers Tammie				
4:00 PM	<i>Perl-UMBA</i> Perla	<i>Perl-UMBA</i> Perla	<i>Perl-UMBA</i> Perla	<i>Perl-UMBA</i> Perla		
5:00 PM	Body Blast Jane	Core & More Tammie	Body Blast Jane	Core & More Tammie		
6:00 PM						

**Body BLAST:** An intense and fun cardio and weight training class that torches calories and builds lean muscle! You will be challenged with a variety of agility, strength, plyometric and cardio drills to get your body in tip top shape! All levels.

**CORE & More:** 45 minutes of Ab / Core Training. Build the 6-pac you've always wanted! Focuses on strengthening the core and improving balance, with segments of endurance strength work.

**Dumbbells and Donuts:** Improve your strength, stamina and cardio conditioning in this early morning 45-minute group workout with weights, AMRAPs, EMOMs, and RTFs. We provide the workout. You provide the donuts!

**Mindful Mondays:** Focuses on practical and effective stretching exercises that enhance flexibility, relieve tension, and promote a sense of calm. Set a positive tone for the week ahead.

**PERL-UMBA:** Latin Dance. Cardiovascular & weight training. Beginners & Intermediate

**Silver Slippers:** Senior Fitness and Fun! 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.

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

**Step N Such** – A combination class featuring cardio blast using steps, but also including weights and some strength training.

**Stretch & Strengthen:** An upbeat start to your day! This class helps keep limber, flexible, and strong by a variety of stretches and floor poses. Benefits include: improved posture, balance and coordination, core strength/stability, longer/leaner muscles, mind-body awareness, relaxation, and injury prevention.