

GROUP EXERCISE

May Schedule



MONDAY

GROUP X

4:15 - 5:00PM
(Linh)

TUESDAY

GROUP X

4:15 - 5:00PM
(Linh)

WEDNESDAY

ZUMBA

4:15 - 5:00PM
(Sheena)

THURSDAY

**ZUMBA/
TONING**

4:15 - 5:00PM
(Sheena)

ZUMBA

5:15 - 6:00PM
(Sheena)

Class

Description

GROUP X

Group X class is a combination of HIT, Circuit, agility, weight-training and cycling formats in a group setting. Also can be done specific to each individual class.

ZUMBA

Zumba class is a combination of dance and fitness moves done to a background of fun, international rhythms. (Zumba formula is 70% Latin music and 30% anything else).

ZUMBA TONING

Zumba toning is a traditional Zumba class with brief bouts of toning, weight training, and HIT exercises.

BUENA PARK, CA

Staffed Hours of Operation:

Monday - Thursday 9:00am - 5:00pm

Questions or Concerns

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