

GROUP EXERCISE

May Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
GROUP X 4:15 - 5:00PM (Linh)	GROUP X 4:15 - 5:00PM (Linh)	ZUMBA 4:15 - 5:00PM (Sheena)	ZUMBA/ TONING 4:15 - 5:00PM (Sheena)
	ZUMBA 5:15 - 6:00PM (Sheena)	GROUP X 5:00 - 5:45PM (Linh)	
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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