

GROUP EXERCISE CLASSES EFFECTIVE JUNE 1ST 2017

	MON	TUES	WED	THUR	FRI	SAT
7:30 AM						Cycle Rose
8 AM	Kardio Pump Diana	Cardio Sculpt Annette	Kardio Pump Diana	Cardio Sculpt Annette	Zumba® Rose	Piyo® Dale
	Cycle* Rose		Cycle* Rose			
9 AM	Step & Core 8-WEEK CLASS 6/5-7/31 Rose	Zumba® Basics Rose	Zumba® Rose	Zumba® Annette	CountryHeat Live® Rose	Yoga Diana
		Cycle* Annette				
10:30 AM		Silver Sneakers® Cardio Jackie	Yoga Diana	Silver Sneakers® Cardio Jackie	Yoga Diana	
1 PM	Silver Sneakers® Classic Jackie	Silver Sneakers® Yoga Diana	Silver Sneakers® Classic Jackie	Silver Sneakers® Yoga Diana	Silver Sneakers® Cardio Jackie	
5 PM	Zumba® Rose	TurboKick® Rose	Zumba® Rose	Country Heat Live® Rose		
6 PM	Piyo™ Dale	Country Heat Live® Rose	Cyde Dale	TurboKick® Rose		



558 Main Street
 Ramona, CA 92065
 760.789.3500
 ramonafitness.com



Classes are 50 minutes long unless otherwise noted.

Please bring your own sticky mat as we have a limited quantity on hand.

GYM HOURS

Mon-Fri 5:00 A-10:00 P
 Sat 7:00 A- 7:00 P
 Sunday 7:00 A- 4:00 P

CHILDCARE HOURS

Monday-Friday 8:00A-12pm
 5:00 PM-8:00 PM
 Saturday 8:00 AM-12:00 PM

Register for cycle class by using Mindbody app on your smart phone or visit mindbodyonline.com

GROUP TRAINING SCHEDULE

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
5:00 am		SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
6:00 am	FUEL	SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
		FUEL	FUEL	FUEL		
7:00 am						FUEL
8:00 am		FUEL		FUEL		
9:00 am	FUEL	FUEL	FUEL	FUEL	FUEL	
10:00 am		SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
11:00 am	YOUNG AT HEART FOR ACTIVE OLDER ADULTS		YOUNG AT HEART FOR ACTIVE OLDER ADULTS			
2:00 pm		SMALL GROUP TRAINING	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
6:00 pm	FUEL	FUEL	FUEL	FUEL		
7:00 pm	SMALL GROUP TRAINING	SMALL GROUP TRAINING		SMALL GROUP TRAINING		



558 MAIN STREET
760-789-3500
Gym Hours

Mon – Fri 5am – 10pm
Sat- 7am – 7pm
Sun- 7am – 4pm

Child Care Hours
Mon – Fri
8am – 12pm
5 – 8pm

Sat
8am – 12pm