

## GROUP EXERCISE CLASSES

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



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 EXERCISE CLASSES

**Cardio Sculpt:** This total body workout is fun and easy to follow. A little bit of dance combined with body sculpting by using one's own bodyweight as resistance. We will also use dumbbells and resistance tubes to make for a fun calorie burning class.

**TurboKick®:** There's a party happening at the gym! And guess what? You're officially invited. Turbo Kick LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

**Cycle:** Indoor cycling is a complete cardiovascular challenge. Each participant can adjust their own work out on their individual bike. This class simulates a road ride and will incorporate music as a motivational tool. One our instructors boasts a Level 3 Spinning™ Instructor Certification!

**Kardio Pump:** This exhilarating workout is designed for everyone. Combining music and movement with hi/low and step combinations. The feel good energy of this class is guaranteed to step up your fitness level. Get ready for a serious sweat session!

**Silver Sneakers® Classic:** Muscular Strength and Range of Movement: Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered to resistance, and a chair is used for seated and/or standing support.

**Silver Sneakers® Cardio:** Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

This is a free standing class.

**Zumba®:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Zumba® BASICS:** Looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity? The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**PIYO®: PiYo®** is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

**Country Heat Live!** Step into the fun! Country Heat™ LIVE is the high-energy, low-impact, country dance-inspired workout that's so much fun you'll barely notice you're getting a total-body workout as you work up a sweat. You'll have a blast stepping in tune to the hottest country hits and quickly forget you're torching a ton of calories. It's so easy to do, you'll be lining up on the dance floor for more!

**Step and Core:** All fitness levels welcome. Plank, step, crunch and lunge your way to a fitter you! This fun class combines bodyweight strength movements with easy to follow cardio combinations that are sure to leave you wanting more.