



Class Descriptions

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 of our instructors boasts a Level 3 Spinning™ Instructor Certification!

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 for 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 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!

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.

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.

LES MILLS ON DEMAND

Please take a class On Demand when the group exercise studio is not being used with an instructor led video on our big screen T.V.

SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

CXWORX

All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

BODYFLOW

The new-yoga, Pilates and tai chi workout that improves flexibility, strength and relaxation. No equipment needed

RPM

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BODYCOMBAT

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

YOGA

A flow class geared towards those new to yoga or preferring a slightly gentler class. Time is spent breaking down poses fundamental to a Vinyasa practice. Enjoy movement with breath for a relaxing workout. Props and modifications offered for proper alignment and ease in the postures.



558 MAIN STREET | RAMONAFITNESS.COM | 760.789.3500

	MON	TUES	WED	THURS	FRI	SAT
8 AM	CYCLE ROSE	CARDIO SCULPT ANNETTE	CYCLE ROSE	CARDIO SCULPT ANNETTE	ZUMBA® ROSE	CYCLE ROSE
9 AM	STEP & CORE ROSE	CYCLE* ANNETTE	ZUMBA® ROSE	ZUMBA® ANNETTE	STEP & CORE ROSE	PIYO® DALE
1030 AM		SILVER SNEAKERS® CARDIO JACKIE		SILVER SNEAKERS® CARDIO JACKIE		
11 AM			YOGA DALE			
1 PM	SILVER SNEAKERS® CLASSIC JACKIE	MOBILITY MOVEMENT/ STRETCH JOEY	SILVER SNEAKERS® CLASSIC JACKIE	MOBILITY MOVEMENT/ STRETCH JOEY	SILVER SNEAKERS® CLASSIC JACKIE	
5 PM	ZUMBA® ROSE	TURBOKICK® ROSE	ZUMBA® ROSE	TURBOKICK® ROSE		
6 PM	PIYO™ DALE	STEP & CORE ROSE	CYCLE DALE	STEP & CORE ROSE		

*Register for cycle class by using Mindbody app on your smart phone or visit mindbodyonline.com
Please note class times, instructors and formats are subject to change.