

FITNESS SCHEDULE

Ask about our unlimited fitness pass
for only \$25/Mth
Rec Members Only

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|
| 6:00 AM Boot Camp Rafa / Gym | 6:00 AM Hard Core ABS Rafa / Gym | 6:00 AM Cardio Blast Rafa / Gym | 6:00 AM Strength Training Rafa / Gym | 6:00 AM Cardio Blast Rafa / Gym | 9:00 AM Cardio Kickboxing Edith / Pool |
| 7:00 AM Cardio Edith / Gym | 8:00 AM Full Body Strength Edith / Pool | 7:00 AM Strength Training Edith / Gym | 8:00 AM Strenght & Cardio Edith / Pool | 8:00 AM Full Body TABATA Edith / Pool | |
| 8:00 AM Circuit Training Edith / Pool | 6:00PM Upper Body Bootcamp Elvira / Gym | 8:00 AM Cardio Kickboxing Edith / Pool | 6:00PM Cardio Kickboxing Elvira / Gym | | |
| 6:00PM Lower Body Bootcamp Elvira / Gym | 7:00PM Yoga Lorenia / Next to Resaca | 6:00PM Full Body Bootcamp Elvira / Gym | 7:00PM Yoga Lorenia / Next to Resaca | | |
| | 8:00PM Latin Dance Omar / Gym | | 8:00PM Latin Dance Omar / Gym | | |