

2020 GROUP-X SCHEDULE

All Classes are subject to change or cancellation. Group Exercise Questions: (760) 763-0657.

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paige Fieldhouse (760) 725-6394			0600 Cycle	0600 Yoga	0600 Cycle	0600 PowerYoga	0930-1500 Youth Dance Classes (Ages 4+)
	0900 Connected Warrior Yoga **Free Class**		1000 Pilates		1000 Pilates		
		1130 Cycle	1130 Strong	1130 Cycle	1130 Strong	1130 Yoga	
		1730 Zumba	1730 Zumba	1730 Zumba		1730 Zumba	
			1845 Connected Warrior Yoga **Free Class**		1630 - 2030 Youth Dance Classes (Ages 4+)		
14 Area Fitness Center (760) 725-5941			1730 Yoga		1730 Yoga		
21 Area Fitness Center (760) 725-2951		1130 Cycle	1130 Power Yoga	1130 Cycle	1130 PowerYoga		0900 Zumba
		1500 -1650 Shorin Ryu Karate (Ages 3+)		1500-1700 Shorin Ryu Karate (Ages 3+)			1100 Connected Warrior Yoga **Free Class**
		1700 Connected Warrior Yoga **Free Class**	1715-2000 Youth Dance Classes (Ages 4+)	1700-1800 Shorin Ryu Karate Adult			
22 Area Fitness Center (760) 725-3163		1130 Cycle		1130 Cycle			
O'Neill Fitness Center (760) 725-1366		1130 Yoga		1130 Yoga			
			1700 TaeKwonDo USA (Ages 4+)				
33 Area Fitness Center (760) 725-8737			1130 Cycle		1130 Cycle		
52 Area Fitness Center (760) 725-7262			0900 Yoga		0900 Yoga		

A fee of, \$3 per class / \$27 per 10-class punch card / \$25 per month for unlimited classes, for all Group-X Classes for authorized patrons (Active Duty is Free).
Specialty class (shaded above) rates vary. Payment is made directly to the instructor. See reverse for more information.

CLASS DESCRIPTIONS

GROUP-X CLASS DESCRIPTIONS

CYCLE 60 minute indoor cycle class simulating outdoor riding with sprinting, intervals, and hill work. Please bring water and a towel.

PILATES Combines elements of low impact, flexibility, muscular strength, and endurance movements emphasizing proper postural alignment, core strength and muscular balance.

STRONG Combines high intensity interval training with the science of Synced Music Motivation for an intense, full body workout.

YOGA Improve balance, flexibility, mobility, and core strength, while learning mental relaxation and stress relief.

POWER YOGA A vigorous, fitness-based approach to vinyasa-style yoga. Power Yoga takes the athleticism of vinyasas, but gives each teacher the flexibility to teach any poses in any order, making every class different, emphasizing strength and flexibility.

ZUMBA This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!

SPECIALTY CLASS DESCRIPTIONS

CONNECTED WARRIORS

Trauma-Sensitive Yoga. Free for Service Members, Veterans and Dependents.

www.connectedwarriors.org

DANCE CLASSES

A variety of dance classes offered throughout the year, visit usmcdance.com

\$60/ 6 week session

(760) 412-9565 • usmcdance@gmail.com

WORLD TAEKWONDO

Learn self-defense and Olympic style sparring from GrandMaster Yang.

\$40/month

(714)795-0836

USA TAEKWONDO

Train with TEAM USA Coach Master Kim.

\$45/month, 1 sessions/week

(760) 757-3238 • masterkimusa@gmail.com

SHORIN RYU KARATE

Okinawan Martial Arts

\$60 per session

(760) 917-6801 • srkaratecp@gmail.com