

## CLUB PARADISE AEROBICS – CLASS SCHEDULE

Classes located at Club Paradise Fitness 1371 S. Mission Rd. Updated 7/12/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		Stretch & Strengthen Melissa				
10:00 AM		Silver Slippers Carolyn		Silver Slippers Carolyn		
11:00 AM	Perl-UMBA Perla	Silver Slippers Carolyn	Perl-UMBA Perla	Silver Slippers Carolyn		
12:00 PM						
4:00 PM		Perl-UMBA Perla				
5:00 PM	Body Blast Jane	Core & More Tammie	Body Blast Jane	Core & More Tammie		
6:00 PM						

**Body BLAST:** An intense and fun cardio and weight training class that torches calories and builds lean muscle! You will be challenged with a variety of agility, strength, plyometric and cardio drills to get your body in tip top shape! All levels.

**CORE & More:** 45 minutes of Ab / Core Training. Build the 6-pac you've always wanted! Focuses on strengthening the core and improving balance, with segments of endurance strength work.

**PERL-UMBA:** Latin Dance. Cardiovascular & weight training. Beginners & Intermediate

**Silver Slippers:** Senior Fitness and Fun! Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

**Stretch & Strengthen:** An upbeat start to your day! This class helps keep limber, flexible, and strong by a variety of stretches and floor poses. Benefits include: improved posture, balance and coordination, core strength/stability, longer/leaner muscles, mind-body awareness, relaxation, and injury prevention.