

Weekly Schedule

MOVE IT

Monday

5:00 pm Low-Impact Aerobics

Tuesday

7:00 pm Circuit Conditioning

Wednesday

5:30 pm Step Class

Thursday

5:00 pm Low-Impact Aerobics
7:00 pm Circuit Conditioning

Friday

Saturday

7:30 am Bodysculpting

Sunday

10:00 am Water Aerobics (off-site, 1432 S. Charlotte, San Gabriel - seasonal)