



FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER YOGA INDOOR 8:15 AM - 9:00 AM BOOT CAMP 8:15 AM - 9:00 AM YOGA OUTDOOR 9:15 AM - 10:00 AM OVER EASY *Ages 55+ 10:00 AM - 11:00 AM BOOT CAMP 5:00 PM - 5:50 PM YOUNG & FIT *Ages 7-12 5:00 PM - 5:50 PM ZUMBA 6:00 PM - 6:50 PM YOGA OUTDOOR 6:00PM - 7:00 PM	SENIORCISE *Ages 55+ 10:00 AM - 11:00 AM ZUMBA 11:15 AM - 12:00PM STEP AEROBICS 6:00 PM 6:50 PM TONE IT UP 7:00 PM - 7:50 PM	BEGINNER YOGA INDOOR 8:15 AM - 9:00 AM BOOT CAMP 8:15 AM - 9:00 AM YOGA OUTDOOR 9:15 AM - 10:00 AM OVER EASY *Ages 55+ 10:00 AM - 11:00 AM BOOT CAMP 5:00 PM - 5:50 PM YOUNG & FIT *Ages 7-12 5:00 PM - 5:50 PM ZUMBA 6:00 PM - 6:50 PM STEP AEROBICS OUTDOOR 7:00 PM - 7:50 PM	SENIORCISE *Ages 55+ 10:00 AM - 11:00 AM ZUMBA 11:15 AM - 12:00PM YOGA INDOOR 5:45 PM - 6:45 PM TONE IT UP 7:00 PM - 7:50 PM MUAY THAI CONDITIONING 8:00 PM - 8:45 PM	ZUMBA 9:30 AM - 10:20 AM BOOT CAMP 10:30 AM - 11:20 AM ZUMBA 11:15 AM - 12:00PM BOOT CAMP 6:00 PM - 6:50 PM MUAY THAI CONDITIONING 7:00 PM - 7:50 PM	ZUMBA 9:30 AM - 10:20 AM BOOT CAMP 10:30 AM - 11:20 AM
LOCATION 9520 HILDRETH AVENUE INCLUDED WITH FITNESS AND PREMIER MEMBERSHIP <ul style="list-style-type: none"> FIRST COME, FIRST SERVE MINIMUM AGE OF 15yrs FOR ALL CLASSES , UNLESS NOTED NO ENTRY AFTER 10 MINUTES OF CLASS START TIME 					

FOR MORE INFO CALL 323.563.5445



SOUTH GATE PARKS & RECREATION



@SGPARKSANDREC_

#SOGATE

#SGREC