



(949) 760-9335

2101 E. Coast Hwy. Corona Del Mar, CA 92625

GROUP EXERCISE CLASS SCHEDULE

Effective 6/22/26

	TIME	CLASS	INSTRUCTOR
MONDAY	7:00 AM	CYCLING	Melane
	8:00 AM	PILATES MAT	Norma
	9:00 AM	BARRE	Laura
	10:00 AM	ABS + BOOTY	Shirley
	11:30 AM	FOREVER FIT	Melane
	5:15 PM	BODY COMBAT	Kylan
TUESDAY	7:00 AM	STRENGTH TRAINING + TRX	Laura
	8:00 AM	ZUMBA	Adriana
	9:00 AM	BODY SCULPT	Norma
	10:00 AM	PILATES MAT	Kylan
	5:15 PM	DIRTY 30	Denise
WEDNESDAY	7:00 AM	YOGA FUSION FLOW	Laura
	8:00 AM	CYCLING	Melane
	9:00 AM	ABS + BOOTY	Shirley
	11:30 AM	FOREVER FIT	Linda
THURSDAY	7:00 AM	STRENGTH TRAINING + TRX	Laura
	8:00 AM	ZUMBA	Vicky
	9:00 AM	BODY COMBAT	Denise
	10:00 AM	PILATES MAT	Carmen
	5:15 PM	BODY COMBAT	Denise
FRIDAY	8:00 AM	CARDIO DANCE	Adriana
	9:00 AM	TRANSFORM	Laura
	10:00 AM	YIN-YASA YOGA	Helen
	11:30 AM	FOREVER FIT	Melane
SATURDAY	8:00 AM	ZUMBA	Adriana
	9:00 AM	YOGA SCULPT	Laura
	10:00 AM	BODY COMBAT	Denise

CLUB HOURS:

Monday - Friday:
6AM - 8PM

Saturdays:
8AM - 3PM

Sundays:
10AM - 3PM

Most classes require some equipment setup; please arrive 5-10 minutes before the start of class.

Late arrivals will not be permitted.

Abs & Booty

Focus is on the abdominals, glutes and hips. A wide variety of floor exercises are used to tighten and strengthen your core.

Barre

A low impact conditioning class combining ballet, barre, and Pilates techniques. Class will take place on the mat as well as at the barre, using props and light weights. Exercises target smaller muscle groups to promote balance, posture, and stability.

Body Combat

A complete body workout with intense strength exercises. You never know what you will do. You just know it will be intense. Uses barbells, dumbbells, medicine balls, and bodyweight exercises.

Body Sculpt

Build beautiful muscles with our body sculpting class. Using your bodyweight, dumbbells, bands, or a bar, this class will firm you up.

Cardio Dance

A class of dance moves for a great aerobic workout. Love to dance, move and have fun? This class is for you.

Cycling

Appropriate for most fitness levels, easy on the joints and effective in burning calories. Hit the Spin/Cycle trail with the fastest 50 minute class you'll find. Pace yourself to the latest music videos (and some oldies). It's like being at a concert and getting your workout done at the same time.

Dirty 30 (H.I.I.T.)

A 30-minute High Intensity Interval Training class that will torch more calories and challenge your cardio respiratory system in less time than a traditional 60-minute workout. Four exercises, 20 seconds each and 10 rounds— 30 minutes, that's all it takes.

Forever Fit

Classes are designed for those looking to maintain life-long health and fitness by focusing on increasing muscular strength; range of motion, and balance for daily living. Individual modifications are provided if needed.

Pilates Mat

Low-impact exercises that build strength, tone the muscles and create a long, lean body frame. The goal of a mat Pilates class is to strengthen the body's "powerhouse," a Pilates term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes.

Strength & TRX

This strength training class uses weights, calisthenics and TRX. Focuses on strength, to engage fast twitch muscle fibers for a complete and total workout.

Transform

Raise the bar in your workouts with the Transform class. Take your exercise regime to the next level using steps, barbells, dumbbells, TRX, etc. to load your muscles in a new way to stimulate muscle growth and target different movement patterns. Improve your balance, increase your strength and challenge your core.

Yoga Fusion Flow

Fusing vinyasa style flows, standing and balancing postures, and deep stretching. This class flows breath to movement with music designed to clear the mind, open the heart, and have fun. All levels are welcome.

Yoga Sculpt

A unique combination of Vinyasa flow yoga, light strength training, and cardio. Music is more upbeat.

Yin-Yasa Yoga

Beginning with gentle movement to warm the body and build awareness then transitioning into Vinyasa Flows building strength and discipline. We finish with longer-held Yin Postures for deep stretching and calming of the nervous system. Enjoy a mindful practice that supports strength, flexibility, and inner ease. All levels welcome.

ZUMBA

Take the "work" out of your workout. This blend of low-intensity and high-intensity moves create an interval-style, dance fitness with Latin and World rhythms.