



GET FIT

Class Schedule

GET FIT CLASSES -

- Vinyasa Flow Yoga
- Core Strength
- Cardio Funk
- ZUMBA
- Restorative Yoga
- NEW - Mat Pilates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am - Core Strength, Monica (40 min.)	9:00am - Zumba, Monica	9:00am - Zumba, Cindy	9:00am - Zumba, Monica	9:00am - Zumba, Kaya	7:45am - Zumba, Barb
9:00am - Zumba, Cindy	9:00am - Vinyasa Flow Yoga, Jessica (70 min.)	9:00am - Restorative Yoga, Kelly	9:00am - Vinyasa Flow Yoga, Jessica (70 min.)	10:05am - Core Strength, Monica	8:30am - Zumba, select instructors
	10:05am - Core Strength, Monica		10:05am - Mat Pilates, Laurie 		
6:05pm - Mat Pilates, Laurie 	6:00pm - Vinyasa Flow Yoga, Erin (75 min.)	7:05pm - Zumba, Zuliya	5:30pm - Vinyasa Flow Yoga, Jessica (1st & 3rd Thursdays only)		
7:05pm - Zumba, Mary Rose	7:05pm - Cardio Funk, Michelle		6:30pm - Restorative Yoga, Kelly (2nd & 4th Thursdays only)		
			7:05pm - Zumba, Kaya		

LOCATION:

Boys & Girls Clubs of San Dieguito
Polster Branch - (858) 720-2180
 3800-A Mykonos Lane
 San Diego, CA 92130
 GetFit@bgcSanDieguito.org

For class updates like us on FB
 @getfitbgc or visit our website
www.getfitbgcsandieguito.org



BOYS & GIRLS CLUBS OF SAN DIEGUITO

Fitness Class Rates:

\$10 per class
 or
 Monthly Unlimited \$40
NO CONTRACTS!
NO MEMBERSHIP FEES!
NO GYM HASSLES!

**2 free classes are for new members only. Not valid for members that have previously attended our classes.*
****Classes may have substitute instructors without notice. Please call in advance.**