UNITED
MEDICAL FITNESS

UNITEDMEDICALFITNESS.COM 951-466-0004

GROUP EXERCISE WEEKLY SCHEDULE

MON

5:30-6:15 AM
BOOT CAMP

8:00-8:30 AM
SILVER SNEAKERS

9:30-10:00 AM
FULL BODY CIRCUIT

5:00 - 5:30 PM
LOWER BODY

5:30 - 6:00 PM
STRETCH

TUES

5:30-6:15 AM
HIIT + CIRCUIT

8:00-8:30 AM
SILVER SNEAKERS

9:00-9:30 AM
STRETCH

9:30-10:00 AM
BOOT CAMP

10:00 - 10:30 AM
SILVER SNEAKERS

5:30 - 6:00 PM
STRENGTH

WED

5:30-6:15 AM
BOOT CAMP

8:00-8:30 AM
SILVER SNEAKERS

9:30-10:00 AM
CARDIO HIIT

5:30 PM-6:00 PM
BOOT CAMP

THUR

5:30-6:15 AM
HIIT + CIRCUIT

8:00-8:30 AM
SILVER SNEAKERS

9:30-10:00 AM
STRENGTH TRAINING

10:00 - 10:30 AM
SILVER SNEAKERS

11:00 AM-12:00 PM
LINE DANCING

5:30 PM-6:00 PM
CORE WORKOUT

6:00 PM- 6:30 PM
STRETCH

FRI

5:30-6:15 AM
STRETCH

8:00-8:30 AM
SILVER SNEAKERS

8:30-9:15 AM
LOWER BODY

9:30-10:00 AM
FULL BODY STRETCH

SAT

8:00-8:45 AM
CARDIO CIRCIUT

11:00am-11:30am
SILVER SNEAKERS

SUN

9:30-10:15 AM
FULL BODY STRETCH

MON-THURS: 5AM-8PM
FRIDAY: 5AM-5PM
SATURDAY: 7AM-2PM
SUNDAY: 7AM-12PM