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# GROUP EXERCISE WEEKLY SCHEDULE

MON

TU.

WED

TH.

FRI

SAT

**5:30-6:15 AM**  
BOOT CAMP

**5:30-6:15 AM**  
HIIT +  
CIRCUIT

**5:30-6:15 AM**  
BOOT CAMP

**5:30-6:15 AM**  
HIIT +  
CIRCUIT

**5:30-6:15 AM**  
STRETCH

**8:00-8:45 AM**  
KICKBOXING

**8:00-8:30 AM**  
SILVER  
SNEAKERS

**8:00-8:30 AM**  
BALANCE +  
MOBILITY

**8:00-8:30 AM**  
SILVER  
SNEAKERS

**8:00-8:30 AM**  
BALANCE +  
MOBILITY

**8:00-8:30 AM**  
SILVER SNEAKERS

**8:30-9:15 AM**  
WEIGHT CLUB

**9:30-10:00 AM**  
CIRCUIT  
TRAINING

**9:30-10:00 AM**  
BOOT CAMP

**8:30-9:00 AM**  
SILVER BOOT CAMP

**9:30-10:00 AM**  
BOOT CAMP

**9:30-10:00 AM**  
STRETCH/REHAB

**9:30-10:00 AM**  
HIIT

**11:00 AM-12:00 PM**  
LINE DANCING  
\$3 per class

**5:30 PM-6:00 PM**  
BOOTY BURNER

**5:30 PM-6:00 PM**  
CRAZY CARDIO

**5:30 PM-6:00 PM**  
HIIT

**5:30 PM-6:00 PM**  
CORE CRUSHER

**MON-THURS: 5 AM - 7 PM**

**FRI: 5 AM - 5 PM**

**SAT: 7 AM - 12 PM**

**SUN: CLOSED**