

Veterans SportsComplex Class Exercise Schedule



22400 Moneta Avenue,
Carson, CA 90745

City of Carson

Effective 4/5/2018

M Tingson
Recreation Center
Supervisor

Hours of Operation
Monday - Thursday
6:00AM - 9:00PM
Friday
6:00AM—5:00PM
Saturday
7:00AM - 5:00PM
Sunday
CLOSED

**OPEN GYM
Basketball**
Mon: 3:00PM-6:00PM
Tues: 3:00PM-6:00PM
Wed: 9:00AM-11:00AM
3:00PM-6:0PM
Thurs: 3:00PM-6:00PM
Fri: 3:00PM-5:00PM
Sat: 7:00AM-9:00AM



Levels:
I - Beginners
II - Intermediate
III - Advanced

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instr.</u>
Monday	8:30AM - 9:30AM	Muscle Conditioning II, III	Melody
	9:30AM - 10:30AM	Intermediate Salsa II, III	Michael
	10:30AM - 11:30AM	Beginning Salsa I, II	Michael
	5:00PM - 6:00PM	Rockin' Youth Fitness I, II	Sue
	5:00PM - 6:00PM	Youth Co-Ed Basketball I, II	HCE
	5:30PM - 6:30PM	Step Aerobics II, III	Luz
Tuesday	8:00AM - 9:00AM	ZUMBA I, II, III	Jewel
	9:00AM - 10:00AM	Line Dance Class I, II, III	Jewel
	5:30PM - 6:30PM	Indoor Cycling II, III	Cynthia
	5:30PM - 6:30PM	Muscle Conditioning II, III	Luz
	6:30PM - 7:30PM	Boxing Fundamentals I, II, III	Efrain
Wednesday	6:00AM - 6:50AM	50-Minute Cycle II, III	Luz
	8:30AM - 9:30AM	T.B.A. (Thighs, Bottoms, & Abs) II, III	Melody
	10:30AM - 11:30AM	Beginning Salsa I, II	Michael
	11:30AM - 12:30PM	Intermediate Salsa II, III	Michael
	5:00PM - 6:00PM	Rockin' Youth Fitness I, II	Sue
	5:30PM - 6:30PM	Mat Pilates I, II, III	Luz
	7:00PM - 8:00PM	ZUMBA I, II	Marie
Thursday	8:00AM - 9:00AM	Hot Hula Fitness® I, II	Charlene
	9:00AM - 10:00AM	Hatha Yoga I, II, III	Charlene
	5:30PM - 6:30PM	Indoor Cycling I, II, III	Cynthia
	5:30PM - 6:30PM	Piloxing I, II, III	Yvonne
	6:30PM - 7:30PM	ZUMBA I, II, III	Shawn
Friday	6:00AM - 6:50AM	50-Minute Cycle II, III	Luz
	8:30AM - 9:30AM	Muscle Conditioning Mash-up II, III	Melody
	12:00PM - 1:00PM	Intermediate Salsa II, III	Michael
Saturday	8:00AM - 9:00AM	ZUMBA I, II, III	Jewel
	8:30AM - 9:30AM	Indoor Cycling II, III	Cynthia
	9:00AM - 10:00AM	Hula Hoop Fitness I, II, III	Sue
	10:00AM - 11:00AM	Mat Pilates I, II, III	Luz



COMMIT...