

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy 5:30p Powerwalk- Rachel	2 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie	3 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	4 7:45a Zumba- Vikie 9:00a Strength Training - Marie 10:00a Align & Refine- Marie
5	6 9:00a Stretch & Flex- Marie 5:30p Strength Training - Joey	7 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 9:00a PiYo- Marie	8 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	9 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie	10 8:00a Kundalini Yoga- Lauren	11 7:45a Zumba- Vikie 9:00a Strength Training - Marie 10:00a Align & Refine- Marie
12	13 6:30a Core Strength- Rachel 9:00a Stretch & Flex- Marie 5:30p Strength Training - Joey	14 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 9:00a PiYo- Marie	15 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy 5:30p Powerwalk- Rachel	16 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie	17 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	18 7:45a Zumba- Vikie 9:00a Strength Training - Marie 10:00a Align & Refine- Marie
19	20 6:30a Core Strength- Rachel 9:00a Stretch & Flex- Marie 5:30p Strength Training - Joey	21 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 9:00a PiYo- Marie	22 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy 5:30p Powerwalk- Rachel	23 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie	24 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	25 7:45a Zumba- Vikie 9:00a Strength Training - Marie 10:00a Align & Refine- Marie
26	27 6:30a Core Strength- Rachel 9:00a Stretch & Flex- Marie 5:30p Strength Training - Joey	28 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 9:00a PiYo- Marie	29 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy 5:30p Powerwalk- Rachel	30 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie		

MONDAY—FRIDAY 5:00AM TO 7:00PM ☞ SATURDAY—SUNDAY 7:00AM TO 5:00PM ☞ 602-906-3820 ☞
 6:30 AM Weekdays/7:00 AM Weekends Hiking with Lee AVAILABLE DAILY by reservation only. **HIKE IS \$35 PER ADULT & \$20 PER CHILD**