

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23 7:30a Sunrise Hike w/ Lee Available Everyday-Reservation Required		1 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga— Lauren	2 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core— Vikie 4:30p Zumba— Wendy 5:30p Yoga Nidra with Singing Bowls—Jes	3 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey	4 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren 9:00a Cardio Weight & Core— Vikie 4:30p Zumba— Wendy	5 7:45a Zumba— Vikie 10:00a Strength Training—Joey
6	7 9:00a Gentle Flow Yoga — Heidi 5:30p Strength Training — Joey	8 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga— Lauren 9:00a Mindful Movement— Heidi	9 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core— Vikie 4:30p Zumba— Wendy 5:30p Yoga Nidra with Singing Bowls—Jes	10 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey	11 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren 9:00a Cardio Weight & Core— Vikie 4:30p Zumba— Wendy	12 7:45a Zumba— Vikie 9:00a Gentle Flow Yoga— Heidi 10:00a Strength Training—Joey
13	14 9:00a Gentle Flow Yoga — Heidi 5:30p Strength Training — Joey	15 5:15a Bootcamp— Adam 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga— Lauren 9:00a Mindful Movement— Heidi	16 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core— Vikie 4:30p Zumba— Wendy 5:30p Yoga Nidra with Singing Bowls—Jes	17 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey	18 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren 9:00a Cardio Weight & Core— Vikie 4:30p Zumba— Wendy	19 7:45a Zumba— Vikie 10:00a Strength Training—Joey
20	21 9:00a Gentle Flow Yoga — Jes 5:30p Strength Training — Joey	22 5:15a Bootcamp— Adam 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga— Lauren	23 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core— Vikie 4:30p Zumba— Wendy 5:30p Yoga Nidra with Singing Bowls—Jes	24 6:30a Mat Pilates— Carla 9:00a Strength Training — Joey	25 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren 9:00a Cardio Weight & Core— Vikie 4:30p Zumba— Wendy	26 7:45a Zumba— Vikie 9:00a Gentle Flow Yoga— Heidi 10:00a Strength Training—Joey
27 	28 9:00a Gentle Flow Yoga — Heidi 5:30p Strength Training — Joey	29 5:15a Bootcamp— Adam 6:30a Mat Pilates— Carla 8:00a Kundalini Yoga— Lauren 9:00a Mindful Movement— Heidi	30 8:00a Stretch & Balance— Lauren 9:00a Cardio, Weights & Core— Vikie 4:30p Zumba— Wendy 5:30p Yoga Nidra with Singing Bowls—Jes			

MONDAY—FRIDAY 5:00AM TO 7:00PM ♡ SATURDAY—SUNDAY 7:00AM TO 5:00PM ♡ 602-906-3820 ♡

7:30 am Sunrise Hike with Lee by reservation **Hike is extra \$25 per Adults—\$15 per Child**