


TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	27 9:00a Gentle Flow Yoga – Heidi 5:30p Strength Training – Joey	28 5:15a Bootcamp– Adam 6:30a Mat Pilates– Carla 8:00a Kundalini Yoga– Lauren 9:00a Mindful Movement– Heidi	29 8:00a Stretch & Balance– Lauren 9:00a Cardio, Weights & Core– Vikie 4:30p Zumba- Wendy 5:30p Strength Training– Joey	30 6:30a Mat Pilates– Carla 9:00a Strength Training – Joey 5:30p Yoga Nidra with Singing Bowls—Jes	31 6:30a Foam Rolling– Carla 8:00a Kundalini Yoga– Lauren 9:00a Cardio Weight & Core– Vikie 4:30p Zumba- Wendy	1 7:45a Zumba- Vikie \$\$ 8:00a Hike—Lee 9:00a Gentle Flow Yoga– Heidi 10:00a Strength Training–Joey
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MONDAY—FRIDAY 5:00AM TO 8:00PM ☯ SATURDAY—SUNDAY 7:00AM TO 5:00PM ☯ 602-906-3820 ☯

\$\$ Hike is extra \$25 per Adults \$15 per Child