

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	2 6:30a Mat Pilates- Carla 5:30p Water Aerobics- Rachel	3 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	4 7:45a Zumba- Vikie
5	6 6:30a Core Strength- Rachel 5:30p Strength Training - Carla	7 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 5:30p Water Aerobics- Lee	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
12	13 6:30a Core Strength- Rachel 5:30p Strength Training - Carla	14 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 5:30p Water Aerobics- Lee	15 8:00a Stretch & Balance- Lauren 9:00a Zumba- Wendy	16 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie 5:30p Water Aerobics- Rachel	17 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	18 7:45a Zumba- Vikie
19	20 6:30a Core Strength- Rachel 5:30p Strength Training - Carla	21 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 5:30p Water Aerobics- Lee	22 8:00a Stretch & Balance- Lauren	23 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie 5:30p Water Aerobics- Rachel	24 6:30a Foam Rolling- Rachel 8:00a Kundalini Yoga- Lauren	25 7:45a Zumba- Vikie
26	27 6:30a Core Strength- Rachel 5:30p Strength Training - Carla	28 6:30a Block & Band- Carla 8:00a Kundalini Yoga- Lauren 9:00a PiYo- Marie 5:30p Water Aerobics- Lee	29 8:00a Stretch & Balance- Lauren	30 6:30a Mat Pilates- Carla 8:00a Strength Training - Vikie	31 8:00a Kundalini Yoga- Lauren	

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

Hiking with Lee AVAILABLE DAILY by reservation only- 6 AM Weekdays/7:00AM Weekends **HIKE IS \$35 PER ADULT & \$20 PER CHILD**