

TOCASIERRA FITNESS CENTER MOVEMENT ROOM SCHEDULE

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6:30a Foam Rolling— Carla 8:00a Kundalini Yoga— Lauren	2 7:45a Zumba- Vikie 9:00a Strength Training – Marie 10:00a Align & Refine— Marie
3	4 9:00a Stretch & Flex— Marie 5:30p Strength Training – Joey	5 6:30a Block & Band— Carla 8:00a Kundalini Yoga— Lauren 9:00a PiYo— Marie 5:30p Water Aerobics— Lee	6 6:30a Power Walk— Rachel 8:00a Stretch & Balance— Lauren 9:00a Zumba- Wendy	7 6:30a Mat Pilates— Carla 8:00a Strength Training – Vikie 5:30p Water Aerobics— Rachel	8 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren	9 7:45a Zumba- Vikie 9:00a Strength Training – Marie 10:00a Align & Refine— Marie
10	11 6:30a Core Strength— Rachel 9:00a Stretch & Flex— Marie 5:30p Strength Training – Joey	12 6:30a Block & Band— Carla 8:00a Kundalini Yoga— Lauren 9:00a PiYo— Marie 5:30p Water Aerobics— Lee	13 6:30a Power Walk— Rachel 8:00a Stretch & Balance— Lauren 9:00a Zumba- Wendy	14 6:30a Mat Pilates— Carla 8:00a Strength Training – Vikie 5:30p Water Aerobics— Rachel	15 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren	16 9:00a Strength Training – Marie 10:00a Align & Refine— Marie
17	18 6:30a Core Strength— Rachel 9:00a Stretch & Flex— Marie 5:30p Strength Training – Joey	19 6:30a Block & Band— Carla 8:00a Kundalini Yoga— Lauren 9:00a PiYo— Marie 5:30p Water Aerobics— Lee	20 6:30a Power Walk— Rachel 8:00a Stretch & Balance— Lauren 9:00a Zumba- Wendy	21 6:30a Mat Pilates— Carla 8:00a Strength Training – Vikie 5:30p Water Aerobics— Rachel	22 6:30a Foam Rolling— Rachel 8:00a Kundalini Yoga— Lauren	23 7:45a Zumba- Vikie 9:00a Strength Training – Marie 10:00a Align & Refine— Marie
24	25 9:00a Stretch & Flex— Marie 5:30p Strength Training – Joey	26 6:30a Block & Band— Carla 8:00a Kundalini Yoga— Lauren 9:00a PiYo— Marie 5:30p Water Aerobics— Lee	27 8:00a Stretch & Balance— Lauren 9:00a Zumba- Wendy	28 6:30a Mat Pilates— Carla 8:00a Strength Training – Vikie	29 6:30a Foam Rolling— Carla 8:00a Kundalini Yoga— Lauren	30 7:45a Zumba- Vikie 9:00a Strength Training – Marie 10:00a Align & Refine— Marie
31						

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- 6:30 AM Weekdays/7:00AM Weekends **HIKE IS \$35 PER ADULT & \$20 PER CHILD**