

# Scripps Center for Integrative Medicine

## Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CSI** FC, 5:30 AM		CSI** FC, 5:30 AM	
	Zumba** YR, 6 AM		Zumba** YR, 6 AM	
HIIT Training* FC, 6:30 AM	Spinning* FC, 6:30 AM	HIIT Training* FC, 6:30 AM	Spinning* FC, 6:30 AM	
		Gentle Yoga** YR, 6:30am		Pilates* YR, 6:30 AM
		Aquacize* P, 8 AM		Aquacize* P, 8 AM
Gentle Yoga* YR, 9 AM			Restorative Yoga* YR, 9 AM	
	Senior Fitness* YR, 10 AM		Senior Fitness* FC, 10 AM	
	Healthy Bones* YR, 11 AM		Healthy Bones* YR, 11 AM	
Spinning** FC, 12:15 PM	Vinyasa Yoga* YR, Noon	Rep Reebok* FC, 12:15 PM	Vinyasa Yoga* YR, Noon	Cardio Kick* FC, 12:15 PM
		PD Bal. Circ. FC, 1:30 PM		
PD Keep Moving YR, 2 PM	Neuromuscular Training FC, 2 PM	PD Water Aerobics P, 2:15 PM		PD Keep Moving YR, 2 PM
Spin Fusion** FC, 5:30 PM	Boot Camp* FC, 5:15 PM	Spinning** FC, 5:30 PM	Boot Camp* FC, 5:15 PM	

For additional information, please call **(858) 554-3488**. FC = Fitness Center; P = Pool; YR = Yoga Room.  
 \*Class is included with FC membership. \*\*Class is free for FC members and Scripps Employees.

Effective: August 2014