



CÉSAR PABÓN FITNESS CENTER

MONDAY - FRIDAY • 8:00 a.m. to 8:00 p.m. / SATURDAY • 8:00 a.m. to 12:00 p.m.

BODY BOOT CAMP

This 45 minute class is a no frills approach to fitness. A combination of heart-pumping cardio and classic strength moves. Body Boot Camp will build your stamina and strength. Leave your excuses at the door and get ready for a great workout.

CARDIO KICKBOXING

Don't miss this full-body workout that challenges all major muscle groups while improving aerobic capacity, decreasing stress, improving focus, and boosting endurance.

STRONG BY ZUMBA

This class combines high intensity interval training with the science of Synced Music Motivation. In each class music and moves sync to push you past your limits.

(M.I.A.) MODERATE IMPACT AEROBICS

Hot music and diverse moves combine in this class to provide an energetic aerobic workout. M.I.A. offers heart-pounding intensity without causing stress on the lower back and joints. Segments of class use light weights to tone and sculpt muscles.

ZUMBA

Get ready to have FUN and DANCE up a sweat! Burn calories and reshape your body by dancing to high energy Latin and International music.

CIRCUIT

This 60 minute class is a form of body conditioning or resistance training using high- intensity aerobics. It targets strength building and muscular endurance.

CLASS SIZES ARE LIMITED TO 41 PARTICIPANTS.

PLEASE SEE FITNESS CENTER STAFF TO SECURE YOUR SPOT.

ANNUAL FEES

Adult Membership (12 months):	\$110
Adult Membership (6 months):	\$60
Monthly Membership	\$10
Family Membership (Ages 14-17):	\$150
Seniors (Age 55 and Older):	\$25
College Students:	\$75
Youth (Ages 14-17):	\$50
10 Visit Punch Card:	\$20

ADDITIONAL ACTIVITIES & FEES

(not included in annual membership)

- Aerobics: \$20 per 12-week session
- Wellbeats: \$25 per 12-week session
- Boxing: \$50 youth, \$100 adult

Boxing Hours: Mon.-Fri., 4:30 p.m. - 7:00 p.m.

SPECIAL FEATURE: CHILDCARE IS PROVIDED FOR REGISTERED MEMBERS!

MONDAY - THURSDAY
12:00 - 7:45 P.M.

Ages: 6 months - 13 years
Fee: \$2 per hour per child,
Maximum of 2 hours.

*Full price for the hour of childcare will be charged after 10 MINUTES.

UCC César Pabón Fitness Center is located in the United Community Center 1028 S. 9th Street, Milwaukee, WI 53204 (414) 649-2810 • www.unitedcc.org Luis Vega • Fitness Coordinator (414) 649-2810 • [email lvega@unitedcc.org](mailto:lvega@unitedcc.org)

CÉSAR PABÓN



FITNESS CENTER