

## Total Wellness Challenge On-site Fitness Classes (Scroll down for maps)

Date	Class	Time	Location	Address	Room	Parking & Entry Notes
Wednesday, July 16, 2025	Pilates	5:30 PM	Govt Center	385 N Arrowhead Ave, San Bernardino, CA 92415	Sage Room	<p>Please refer to the attached map for parking and entrance details. Public parking spaces are marked in white and are circled in green on the map. The red path shows the route from parking to the building entrance.</p> <p>Upon arrival, please check in at security—they will direct you to the event room.</p> <p>We recommend arriving at least 15-30 minutes early, as parking can be confusing and it may take extra time to find your way into the building.</p>
Thursday, July 17, 2025	HIIT	5:30 PM	TAD VV	15010 Palmdale Rd, Victorville, CA 92392	Oasis Room	<p>Please refer to the attached map for parking and entrance details. Check in with security upon arrival, and they will direct you to the room.</p>
Tuesday, July 22, 2025	Cardio Kickboxing	5:30 PM	ARMC	400 N Pepper Ave, Colton, CA 92324	Oak Room	<p>Please refer to the attached map for parking and entrance details. Be sure to follow signs for public parking. Upon arrival, check in with security—they will direct you to the event room.</p> <p>We strongly recommend arriving at least 30 minutes early, as parking can be limited and often requires a walk from more distant spaces. If possible, consider pulling up to the main entrance to unload your team and materials before parking your vehicle.</p>
Thursday, July 24, 2025	Cardio Dance	5:30 PM	CFS Fontana	17621 Foothill Blvd, Fontana, CA 92335	Maple Room	<p>Please refer to the attached map for parking and entrance details. Check in with security upon arrival, and they will direct you to the room.</p>
Tuesday, July 29, 2025	Vinyasa Yoga	5:30 PM	DCSS Loma Linda	10417 Mountain View Ave, Loma Linda, CA 92354	Sunrise Room	<p>See map for parking and entrance. We are parking on the back side of the building and enter through the employee entrance where we will be greeted by security and will be directed to the room.</p>
Thursday, July 31, 2025	HIIT	5:30 PM	TAD Colton	1900 W Valley Blvd, Colton, CA 92324	Conference Room 1	<p>Please refer to the attached map for parking and entrance details. Check in with security upon arrival, and they will direct you to the room.</p>
Tuesday, August 5, 2025	Boot Camp	5:30 PM	Govt Center	385 N Arrowhead Ave, San Bernardino, CA 92415	Sage Room 25	<p>Please refer to the attached map for parking and entrance details. Public parking spaces are marked in white and are circled in green on the map. The red path shows the route from parking to the building entrance.</p> <p>Upon arrival, please check in at security—they will direct you to the event room.</p> <p>We recommend arriving at least 15-30 minutes early, as parking can be confusing and it may take extra time to find your way into the building.</p>
Thursday, August 7, 2025	Cardio Dance	5:30 PM	CFS VV	15020 Palmdale Rd, Victorville, CA 92392	Conference Room 1	<p>Please refer to the attached map for parking and entrance details. Check in with security upon arrival, and they will direct you to the room. If possible, consider pulling up to the main entrance to unload your team and materials before parking your vehicle.</p>

# Government Center

385 N Arrowhead Ave, San Bernardino, CA 92415



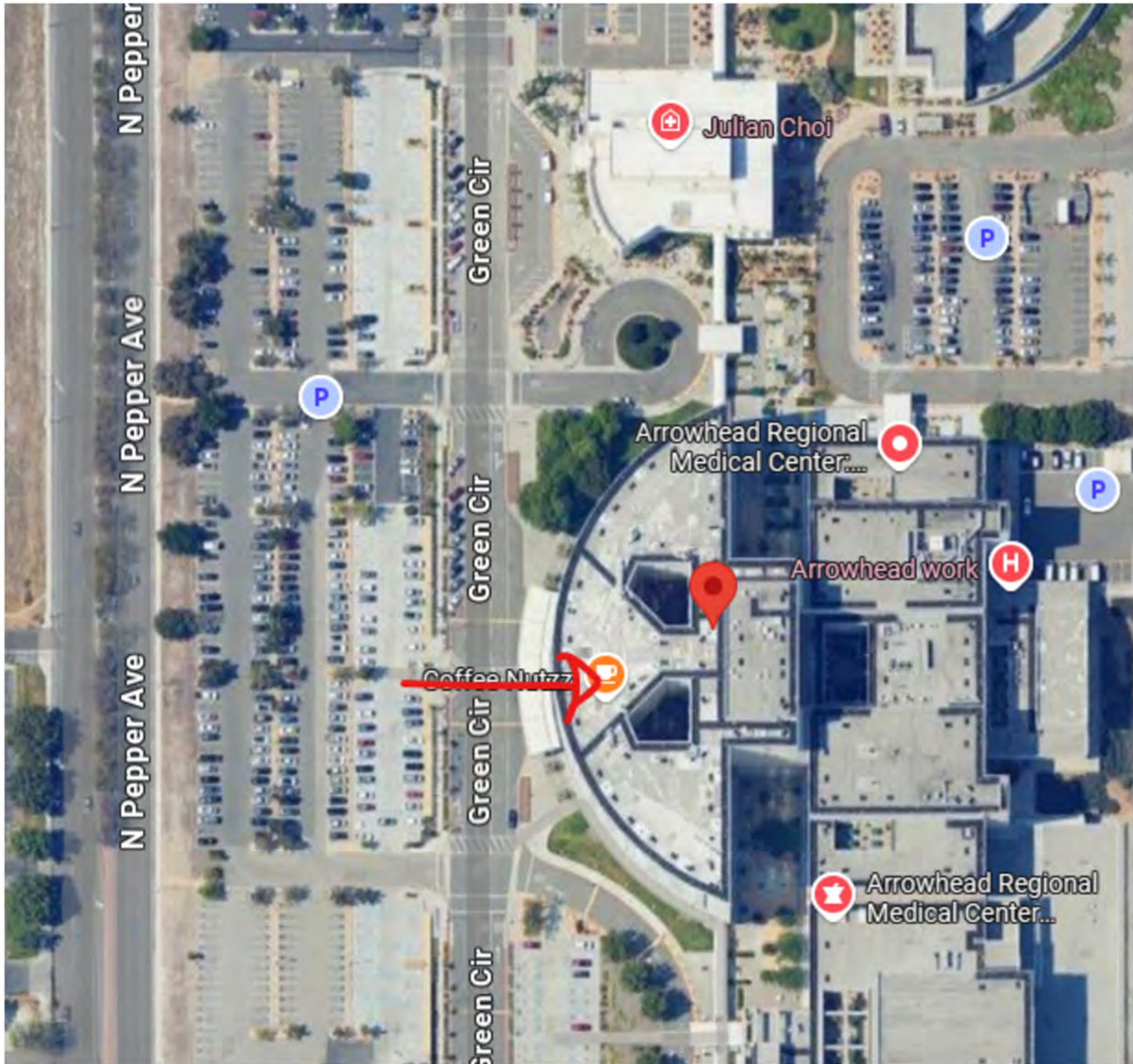
# TAD Victorville

15010 Palmdale Rd, Victorville, CA 92392



# ARMC

400 N Pepper Ave, Colton, CA 92324



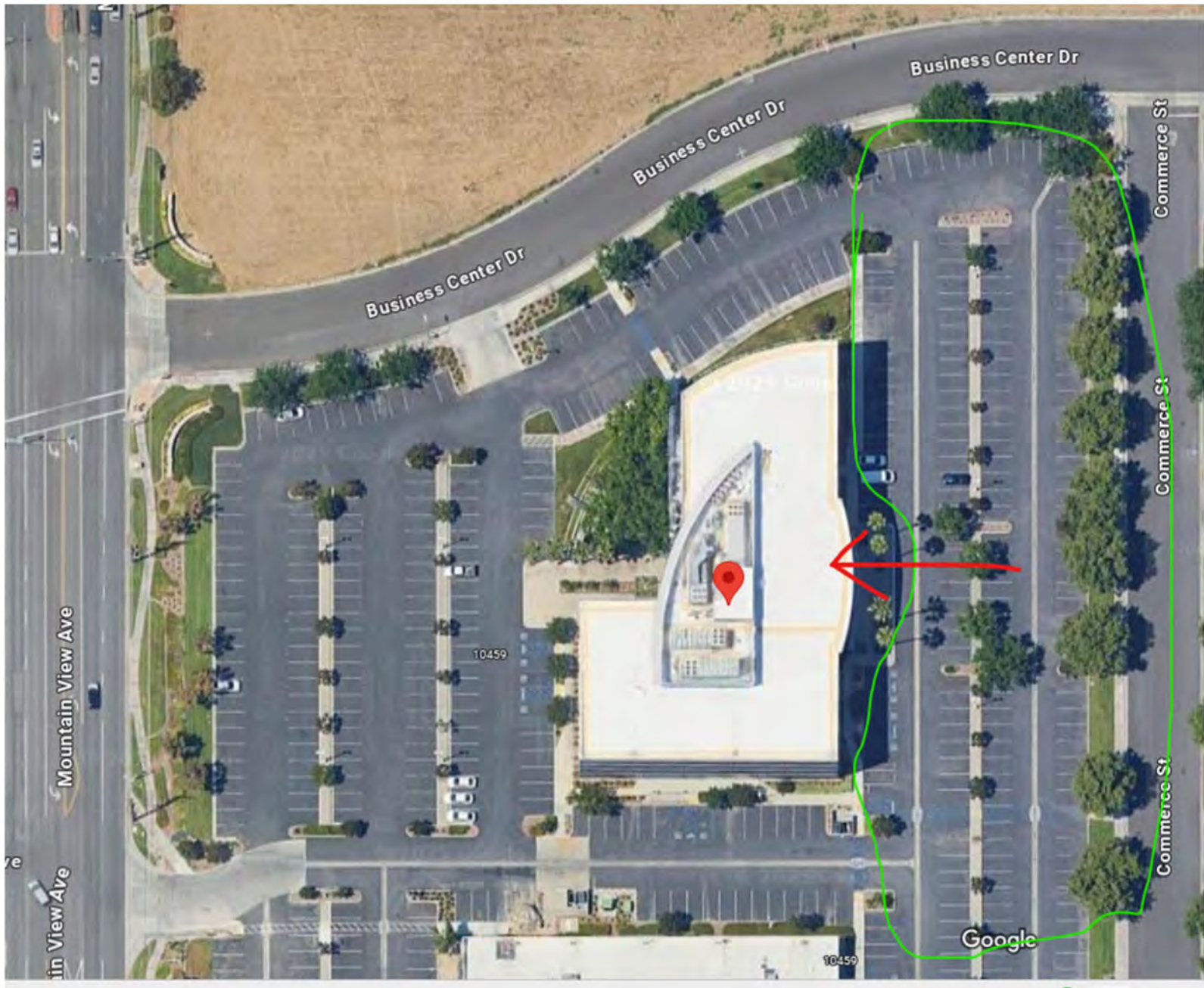
# CFS Fontana

17621 Foothill Blvd, Fontana, CA 92335



# DCSS Loma Linda

10417 Mountain View Ave, Loma Linda, CA 92354



# TAD Colton

1900 W Valley Blvd, Colton, CA 92324



# CFS Victorville

15020 Palmdale Rd, Victorville, CA 92392





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