

Calabasas Athletic Center

Group Fitness Schedule



Last Update 1/2/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates Mat 8am Pat	Spin 6:15am Jodi	Pilates Mat 8am Pat	Spin 6:15am Jodi	Yoga 8am Ola	Spin 8:15am Jodi	Weekend Warrior 9am Nikos
Spin 9am Jodi	Bootcamp! 8am Nikos	Bootcamp! 9am Nikos	Bootcamp! 7:15-8am Tim	Spin 9am Jodi	Power Yoga 9:10am Hilary	Yoga 10am Ola
Boxing Circuit 4pm Tim	Yoga 9am Ola	Yoga 12pm Ola	Foam Rolling 10-10:30am Tim	Bootcamp! 10am Jordan	Pilates Mat 11am Rachel	
Power Yoga 6pm Hilary	Sculpt Yoga 10am Ola	The Challenge 4pm Tim	Spin 5pm Jodi			
	Spin 5pm Jodi	Power Yoga 6pm Hilary		Center Phone	Center Hours	Information
	Pilates Mat 6pm Katie			Athletic Center 818-444-5542	M-F, 6a-9p Sat/Sun 6:30a-6p	Classes are 50 minutes unless noted

Bootcamp-Classes designed to get your whole body toned and burning calories throughout the day. Classes may be circuit style, tabata or full group participation.

Boxing Circuit-PLEASE BRING YOUR OWN BOXING GLOVES. Class will consist of circuit training stations (push-ups, sit ups, squats, jumps etc.) which also includes punching the focus pads. Full Body Workout.

Foam Rolling-Increase blood flow. Myofascial release via foam rolling stretches and loosens muscles. Increase range of motion and decrease risk of injury. ALERT Not for pregnant women and/or people with varicose veins.

Pilates Mat-Class is focused on practicing the foundational classical Pilates movements. Focus is on posture awareness, core strengthening and breath. Benefits include better posture, strength, tone, stamina & flexibility and will help you connect to your body.

Power Yoga-This class is designed to push you to your yoga limits. Class is open to all levels of yoga experience.

Sculpt Yoga-When muscle meets yoga, Yoga Sculpt is born. Boost metabolism and build lean muscle mass in this fun workout.

Spin-Indoor cycling class with awesome music to get your heart pumping! Burn out your legs and have fun with your friends!

The Challenge-Weekly challenges that we keep track of to see your improvement in fitness. Exercises comprise of planks, sit-ups, push-ups, deadlifts, wall-sit, bench press, pullups, broad jump, etc.

Weekend Warrior-Come improve your athleticism with agility, balance, endurance, and strength training.

Yoga-Combination of aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance and balance.

Complimentary Classes for You!

Email tkinlen@calabasasgolf.com if you would like email updates when classes are cancelled or changed.