

Calabasas Athletic Center

Group Fitness Schedule



Last Update 4/3/2019

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	Yoga Sculpt 9:10am Hilary	Yoga 10am Ola
Kettlebell Training 12pm Tim	Yoga 9-10:30am Ola	Cardio Training Run-Bike-Run 11am Tim	Foam Rolling 10-10:30am Tim	Bootcamp! 10am Jordan	Pilates Mat 11am Rachel	
Power Yoga 6pm Hilary	Spin 5pm Jodi	Yoga 12pm Ola	Spin 5pm Jodi	Center Phone	Center Hours	Information
		Power Yoga 6pm Hilary		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.

Cardio Training (Run-Bike-Run)-Cardio training will incorporate running on treadmill or outside, biking will be on the Spin bikes. Other cardio will be introduced; ie battling ropes, jump rope, speed ladder & SAQ drills.

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.*

Kettlebell Training-Class is designed to be a full body workout using kettlebells: swings, squats, lunges, presses, cleans, TGU's, SDHP and other movements to give you a great cardio & strength workout.

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!

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.