

# Calabasas Athletic Center

## Temporary Group Fitness Schedule



9/16/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Boot Camp</b> <b>6:30am</b> Jodi		Spin <b>6:30am</b> Jodi		Spin <b>6:30am</b> Jodi	Spin <b>8am</b> Jodi	
Pilates Mat** <b>9am</b> Pat	Spin <b>8:30am</b> Jodi	Pilates Mat** <b>9am</b> Pat	Spin <b>8:30am</b> Jodi	Pilates Mat** <b>9am</b> Pat		

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

**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.

\*\* - Zoom Class. Link is <https://bit.ly/31fi9AP>

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

---

Center Hours: Tuesday - Saturday 7am - 2pm  
 Center Phone: 818-444-5542  
 Contact: Evelin Avilla, [Evelin@calabasasgolf.com](mailto:Evelin@calabasasgolf.com)