

Calabasas Athletic Center

Temporary Group Fitness Schedule



Last Update: 1/9/2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 6:30a Jodi	Spin 8:30a Jodi	Spin 6:30a Jodi	Spin 8:30a Jodi	Spin 6:30a Jodi	Spin 8a Jodi	Spin 7a Jodi
Zoom Pilates Mat 9a Pat		Zoom Pilates Mat 9a Pat		Zoom Pilates Mat 9a Pat	Bootcamp 9:15a Jodi	
Core Conditioning 10a – 10:40a Evelin		Power Yoga 4:30p Hilary			Slow Flow Yoga 1p Evelin	
Power Yoga 4:30p Hilary				Athletic Center 818-444- 5542	M – F: 7a – 5p S & Su: 8a – 5p	Classes are 50 minutes unless noted

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

Core Conditioning – Work, build upon and engage more core muscles to boost and refine your posture, golf performance, overall balance and stability as well as decrease the chance of back pain.

Pilates Mat - Focus on practicing the foundational classical Pilates movements including posture awareness, core strengthening and breath. Benefits include better posture, strength, stamina and flexibility as well as deepening your mind-body connection. Zoom class link click [HERE](#).

Power Yoga - A fitness-based vinyasa practice designed to push you to your yoga limits by building internal heat to increase stamina, strength and flexibility, and connecting breath with movement.

Slow Flow (AKA Hatha) Yoga - Move through a series of physical postures held between 3-5 breaths designed to align, stretch and balance the body as well as build mental strength and breath awareness. Leave feeling longer, looser, and more relaxed.

Spin - Increase your heart rate and burn out your legs with high intensity intervals, endurance, strength, and recovery periods.

Complimentary Classes for You!

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