



Calabasas Fitness Center Group Exercise Schedule

Complimentary Classes for You!

Effective Monday, April 5th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin NEW! 6:30 AM Jodi	Spin 8:30 AM Jodi	Spin 6:30 AM Jodi	Spin 8:30 AM Jodi	Spin 6:30 AM Jodi	Spin 8:00 AM Jodi	Spin 7:00 AM Jodi
Boot Camp NEW! 7:30 AM Jodi	Upper Body Blast (30 min) NEW! 9:30 AM Anastasia	Zoom Mat Pilates 9:00 AM Pat	Booty Burn (30 min) NEW! 9:30 AM Robert	Zoom Mat Pilates 9:00 AM Pat	Boot Camp 9:15 AM Jodi	
Zoom Mat Pilates 9:00 AM Pat						HOURS M-TH 7AM – 7PM
Golf Strength & Conditioning NEW! 5:00 PM Robert	Power Yoga NEW! 5:00 PM Zach	Spin NEW TIME! 5:00 PM Helene	Power Yoga NEW! 5:00 PM Zach			FRIDAY 7AM -5PM SAT/SUN 8AM – 5PM

CLASS DESCRIPTIONS ON BACK

Fitness Center Hours

Monday – Thursday

7am – 7pm

Friday

7am – 5pm

Saturday and Sunday

8am – 5pm

Contact Information

Phone - 818-444-5542

Lead Motivator™

Robert Guerra

Robert@calabasasgolf.com

Fitness Operations/Group Fitness

Anastasia Alexander

Anastasia@calabasasgolf.com

Class Descriptions

Bootcamp – A total body workout that will challenge your strength, endurance and burn calories all day! Fast progressions between a variety of exercises will make the time fly by and your entire body stronger.

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 LINK** - <https://tinyurl.com/2dm76nba>

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. Please bring your own mat to class.

Golf Strength & Conditioning – Exercise strength, power, and mobility within your swing to improve your game. The body is a chain of mechanical levers and if one link is off, it will affect the rest of the swing by compromising power and club head speed. Players rank better when they match technique with athleticism. Play your best round by strengthening your low back, knees, elbows, and shoulders today!

Booty Burn – Get your legs and booty ready for Summer! This class will super charge your lower body workout , delivering both strength and sculpting benefits.

Upper Body Blast – Make those short-sleeved shirts your best friends! Tone your arms, shoulders, chest and back with compound exercises that keep your legs working while sculpting your upper body.

Spin - Increase your cardiovascular fitness and burn mega calories with high intensity intervals, endurance, strength, and recovery periods. A great, non-impact way to get an amazing cardiovascular workout! By altering speed and resistance, this class can be as basic or challenging as you need. Give it a “spin” and watch your fitness level improve while the pounds melt off!

Per LA Country mandate, masks are required for all indoor and outdoor exercise

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