



# Calabasas Fitness Center Group Exercise Schedule

*Complimentary Classes for You!*

Effective Tuesday, September 7th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:30 AM Jodi	<b>HIIT Circuit</b> (45 minutes) 8:15 AM Jodi	<b>Spin</b> 6:30 AM Jodi	<b>Spin</b> 8:30 AM Jodi	<b>Spin</b> 6:30 AM Jodi	<b>Spin</b> 8:00 AM Jodi	<b>Spin</b> 7:00 AM Jodi
<b>Boot Camp</b> 7:30 AM Jodi	<b>Golf Fitness</b> <b>FEATURE CLASS!</b> Starts 9/14 9:00 AM Daniel	<b>Boot Camp</b> 7:30 AM Jodi	<b>Spin &amp; Sculpt</b> <b>FEATURE CLASS!</b> 9:00 AM Jodi	<b>STRONG!</b> (45 minutes) 8:15 AM Anastasia	<b>Boot Camp</b> 9:15 AM Jodi	
<b>Mat Pilates *</b> 9:00 AM Pat		<b>Mat Pilates *</b> 9:00 AM Pat		<b>Mat Pilates *</b> 9:00 AM Pat	<b>Yoga Sculpt</b> 10:15 AM Deidre	
<b>Golf Strength &amp; Conditioning</b> 5:00 PM Robert Limited to 9 **	<b>Yoga Sculpt</b> 5:00 PM Deidre Sub for Sept		<b>Yoga Sculpt</b> 5:00 PM Deidre Sub for Sept	<b>Sip &amp; Sculpt</b> 5:00 PM Deidre <b>FEATURE CLASS!</b>		

\* - class available live or via ZOOM.

Link is in class descriptions

## CLASS DESCRIPTIONS ON BACK

\*\* - reserve spot at desk

## Fitness Center Hours

### Monday – Thursday

6:30am – 8pm

### Friday

6:30am – 6pm

### Saturday and Sunday

7am – 5pm

### Contact Information

Phone - 818-444-5542

**Lead Motivator™**

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