



Calabasas Fitness Center Group Exercise Schedule

Complimentary Classes for You!

Effective Friday, October 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 6:30 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 7:30 AM Jodi	Spin 8:30AM Jodi	Boot Camp 7:30 AM Jodi	Spin & Sculpt 8:30 AM Jodi	STRONG! (45 minutes) 8:15 AM Anastasia	Boot Camp 9:15 AM Jodi	
Mat Pilates * 9:00 AM Pat	Yoga Sculpt NEW! 9:15 AM Deidre	Mat Pilates * 9:00 AM Pat		Mat Pilates * 9:00 AM Pat	Yoga 10:15 AM Deanne <i>Sub for Oct/Nov</i>	
Golf Strength & Conditioning 5:00 PM Robert	Yoga 5:00 PM Zach		Yoga 5:00 PM Zach	Sip & Sculpt 5:00 PM Deidre		

* - class available live or via ZOOM.
Link is in class descriptions

CLASS DESCRIPTIONS ON BACK

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™

Robert Guerra

Robert@calabasagolf.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.

HIIT Circuit - Burn calories and strengthen your entire body with this challenging "Boot Camp" style workout featuring short, high intensity intervals of cardiovascular work with high repetition exercises. Great for improving endurance and leaning out!

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!

Spin & Sculpt - The ultimate full body workout! The cardiovascular benefits of cycling combined with the power of sculpting will make you lean and strong!

Sip & Sculpt - Start your weekend out right and join us for Friday night Sip-n-Sculpt. A high energy, music driven total body workout combining all the best parts of yoga and sculpt. After class, relax with a cocktail and a snack as you watch the sunset outdoors. You'll continue to burn calories and build muscle as you reward yourself for your effort!

STRONG! –"Pyramid Style" weight training will improve strength while sculpting and toning your entire body. Transform your body and be STRONG!

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!

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 OPTION AVAILABLE - LINK - <https://us06web.zoom.us/j/-ENTER 5381769095> to start**

Yoga Sculpt - A music driven all over body workout using basic fundamentals of yoga and weights. This high energy class works all major muscle groups as well as your core and incorporates cardio throughout.