



Calabasas Fitness Center Group Exercise Schedule

Complimentary Classes for You!

Effective week of January 3rd, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin® 6:30 AM Jodi	Yoga II <i>Hatha</i> 7:00 AM Lian	Spin® 6:30 AM Jodi	Cardio Boxing 7:00 AM Gil	Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi	H.I.I.T 8:00 AM Triston
Kettlebell Conditioning 7:30 AM Triston	Cardio Boxing 8:00 AM Gil	Longevity Fitness (50+) 8:00 AM Samantha	Boot Camp 8:00 AM Jodi	STRONG! 8:15 AM Anastasia	Animal Flow™ 9:00 AM Gil	Golf Performance Yoga 9:00 AM Amirit
Mat Pilates 9:00 AM Pat	Yoga Sculpt 9:00 AM Deidre	Mat Pilates 9:00 AM Pat	Yoga I <i>Yin / Fascia</i> 9:00 AM Lian	Mat Pilates 9:00am Pat	Yoga Sculpt 10:00 AM Deidre	
Golf Strength & Conditioning 5:00 PM Robert	Yoga I <i>Vinyasa</i> 5:00 PM Zach		Yoga II <i>Vinyasa</i> 5:00 PM Zach	Sip & Sculpt 5:00 PM Deidre		
Yoga II <i>Vinyasa</i> 6:00 PM Lian		Golf Performance Yoga 6:30 PM Amirit				

*Classes are 55 minutes in duration.
This allows time to clean & sanitize
the room for the following class.

CLASS DESCRIPTIONS ON BACK

Fitness Center Hours

Monday – Friday

6:30am – 8pm

Saturday and Sunday

7am – 7pm

Contact Information

Phone - 818-444-5542

Director of Fitness & Lead Motivator™

Robert Guerra

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Class Descriptions

Yoga Programming- *Level I (Beginner) & Level II (Intermediate)*

Hatha- translates to "*discipline of force*" in Sanskrit, and is practiced at a slower pace, with focus on the breath, controlled movements, and stretching. Some static holds and introduction of pranayamas (various yogic breath techniques).

Vinyasa- focuses on connecting the breath to your movements, which tend to be set at a faster pace involving more dynamic movements, less static holds than a hatha class. Develops proprioceptive awareness and balance. Vinyasa means "*to place mindfully*" so although a quicker pace flow, the movements are conscious and smooth.

Yin / Fascia- Fascia is a vitally important thin casing of connective network tissue. When it tightens around muscles, it limits mobility and can cause knots to develop. We've designed this class to combine the philosophy of yin to target the body's whole fascial lines. By practicing this way, the whole body becomes posturally more aligned.

Golf Performance Yoga- Golf specific yoga that features fascia / connection tissue training for *Injury Prevention, Range of motion Restoration, and Trauma Release* to achieve maximum performance.

Sculpt- A full body workout that fuses the fundamentals of yoga and aerobic weight training. This high energy class works all major muscle groups, including your core, and incorporates cardio throughout.

Spin[®]- Increase your cardiovascular fitness and burn mega calories with high intensity intervals, endurance, strength, and recovery periods. By altering speed and resistance, this class can be as basic or challenging as you need. A great, low-impact way to get an amazing cardiovascular workout!

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 imbalanced, or restricted, it may affect the swing sequence.

Cardio Boxing– Conventional Boxing utilizing focus mitts, standup bags, and varying combinations combined with elite MMA Conditioning!

H.I.I.T – High Intensity Interval Training takes your body through short bouts of high intensity cardio followed by strength exercises. This format is often considered ideal for losing weight, gaining strength, improving cardiovascular fitness, and increasing metabolism.

Animal Flow[™]- This 6-component system is designed to improve strength, power, mobility, and coordination with ground-based movements that are made fun yet very challenging!

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

Mat Pilates - 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**

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.

Sip & Sculpt - Start your weekend out right and join us for Friday night Sip-n-Sculpt. A highenergy, music driven total body workout combining all the best parts of yoga and sculpt. After class, relax with a glass of champagne!

Longevity Fitness (50+) – The best class to develop confidence, strength, balance, and mobility for performing "*Activities of daily living*"- getting up easier from a chair or car, balance, postural control, bending down, reaching, carrying and more! Quality fitness for improving quality of life and play.