



Calabasas Fitness Center Group Exercise Schedule

Complimentary Classes for You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin® 6:30 AM Jodi		Spin® 6:30 AM Jodi		Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi	
Kettlebell Conditioning 8:00 AM Amelia	Spin® 8:00AM Jodi	HIIT 7:45 AM (45 min) Amelia	Spin® 8:00 AM Jodi	STRONG! 8:15 AM Anastasia	Mat Pilates 9:00 AM Nikki	Full Body Stretch 9:00 AM Amrit
Mat Pilates 9:00 AM Pat	Yoga Sculpt 9:00 AM Deidre	Mat Pilates 9:00 AM Pat	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00am Nikki	Yoga Sculpt 10:00 AM Celene	
Golf Strength & Conditioning 5:30 PM Ryan	Yoga I Vinyasa 5:00 PM Rachel	HIIT 5:30PM (45 min) Ryan	Yoga II Vinyasa 5:00 PM Celene			

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

CLASS DESCRIPTIONS ON NEXT PAGE

Fitness Center Hours

Monday – Friday

6:30am – 8pm

Saturday & Sunday

7am – 7pm

Contact Information

Amelia Fulgentes

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Class Descriptions

Yoga Programming-

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.

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.

Kettlebell Conditioning – Combination of strength and high intensity exercises to enhance your athletic performance and overall fitness only using kettlebells and your body weight.

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.

HIIT – High Intensity Interval Training, training that involves short bursts of strength and cardio exercises followed by brief recovery times.

