



Calabasas Fitness Center Group Exercise Schedule

Complimentary Classes for You!
(Effective September 1st)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin® 6:30 AM Jodi		Spin® 6:30AM Jodi		Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi	
HIIT 8:00 AM (45 min) Amelia	Spin® 8:00AM Jodi	Strength Training 7:45 AM (45 min) Amelia	Spin® 8:00 AM Jodi	Cardio&Core 7:30 AM (45min) Amelia	Yoga Sculpt 9:00 AM Celene	
Mat Pilates 9:00 AM Pat	Power Yoga 9:00 AM Rachel	Mat Pilates 9:00 AM Pat	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00am Lorena	Mat Pilates 10:00am Lorena	
Golf Performance 5:30 PM Sub	Yoga I Vinyasa 5:00 PM Rachel	HIIT 5:30PM (45 min) Sub	Yoga II Vinyasa 5:00 PM Celene			

CLASS DESCRIPTIONS ON NEXT PAGE

New classes highlighted in yellow

Fitness Center Hours

Monday – Friday

6:30am – 8pm

Saturday & Sunday

7am – 7pm

Contact Information

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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.

Power- *Similar to Vinyasa but focuses more on building strength through specific drills. Also, enhances stamina, flexibility and mental focus.*

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 Performance – 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.

Strength Training– Combination of indoors and outdoors strength and high intensity exercises to enhance your athletic performance and overall fitness.

Cardio&Core – Short but high-Intensity core exercises that increase stabilization mixed with cardiovascular endurance to elevate the heart rate.

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.

*Classes end 5-10 min early to allow time to clean and sanitize the studio and equipment.

