



# Calabasas Fitness Center Group Exercise Schedule

*Complimentary Classes for You!*

**November 2022**

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

**CLASS DESCRIPTIONS NEXT PAGE**

**New classes highlighted in yellow**

**Fitness Center Hours**

**Monday-Friday**

6:30am-8pm

**Saturday & Sunday**

7:00am-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.

