



# Calabasas Fitness Center

## Group Exercise Schedule

*Complimentary Classes for You!*

**Effective March 1<sup>st</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin®</b> 6:30 AM Jodi		<b>Spin®</b> 7:30AM Michelle		<b>Spin®</b> 6:30 AM Jodi	<b>Spin®</b> 8:00 AM Jodi/Samantha	
<b>Monday Madness</b> 8:00 AM (45 min) Amelia	<b>Spin®</b> 8:00AM Jodi	<b>HIIT &amp; RUN</b> 8:00 AM (45min) Amelia	<b>Spin®</b> 8:00 AM Jodi	<b>Cardio&amp;Core</b> 7:30 AM (45min) Sub	<b>Yoga Sculpt</b> 9:00 AM Celene	
<b>POP Pilates</b> 9:00 AM Sarah	<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> 9:00 AM Pat	<b>Body Sculpt</b> 10:00 AM Catherine	<b>Weekend Warrior</b> 9:00am Jeremy
<b>Strength Training</b> 5:30 PM Jeremy	<b>Yoga I</b> Vinyasa 5:00PM Rachel	<b>Strength Training</b> 5:30PM Jeremy	<b>Yoga II</b> Vinyasa 5:00 PM Celene			

CLASS DESCRIPTIONS ON NEXT PAGE

***New classes & instructors highlighted in yellow***

### Fitness Center Hours

#### **Monday-Friday**

6:00am-8pm

#### **Saturday & Sunday**

7:00am-7pm

### **Contact Information**

Amelia Fulgentes

(818) 444-5542

[amelia@calabasasgolf.com](mailto:amelia@calabasasgolf.com)

**\*CLASS SCHEDULE AND INSTRUCTOR SUBJECT TO CHANGE\***

## Class Description

**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.

**Sculpt**- A full body workout that fuses the fundamentals of yoga and aerobic weight training. This high energy class works all major muscle groups

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

**Weekend Warrior**- Mixture of weights and cardio designed for a complete body workout!

**Spin®**- Increase your cardiovascular fitness and burn mega calories with high intensity intervals, endurance, strength, and recovery periods.

**Strength Training**– focuses on functional movements to help increase strength, muscles and joints.

**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, flexibility and breath.

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

**Monday Madness**- Great way to start the week off with a mixture of exercises that builds cardiovascular fitness while increasing strength and endurance.

**POP Pilates**- Strength meets flexibility with Pop Pilates! No muscle is left untouched with this fusion of dance and mat Pilates!

**Body Sculpt**- Low intensity weight training that focuses on full body exercises and great for all fitness levels!

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

