



Calabasas Fitness Center

Group Exercise Schedule

Complimentary Classes for You!

Effective May 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin® 6:30 AM Jodi				Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi/ Samantha	
Monday Madness 8:00 AM (45 min) Amelia	Spin® 8:00AM Jodi	HIIT & RUN 8:00 AM (45min) Amelia	Spin® 8:00 AM Jodi	Body Sculpt 8:15 AM Catherine	Yoga Sculpt 9:00 AM Celene	
Stretch & Flexibility 9:00am (30-40 min) Luis	Power Yoga 9:00 AM Rachel/ Samantha	Mat Pilates 9:00 AM Pat	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00 AM Pat	Body Sculpt 10:00 AM Catherine	
Strength Training 5:30 PM Jeremy	Yoga I Vinyasa 5:00PM Celene/Sarah	Strength Training 5:30 PM Jeremy	Yoga II Vinyasa 5:00 PM Celene			

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

CLASS DESCRIPTIONS 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

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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.

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.

Stretch & Flexibility- Mobility and stretching that improves muscle functions and increase range of motion. Helps with injury prevention and recovery!

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.

