



Calabasas Fitness Center

Group Exercise Schedule

Complimentary Classes for You!

Effective October 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin® 6:30 AM Jodi			Spin® 8:00 AM Jodi	Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi/Samantha
HIIT 8:00 AM (45 min) Amelia	Spin® 8:00AM Jodi	Golf Strength & Conditioning 8:00 AM (45 min) Amelia	Yoga Sculpt 9:00 AM Celene	Body Sculpt 8:15 AM Catherine	Yoga Sculpt 9:00 AM Celene
Stretch & Flexibility 9:00am (30-40 min) Luis	Pilates Yoga Fusion 9:00 AM Victoria	Mat Pilates 9:00 AM Bailie	Core O'Clock 10:00 AM Bailie	Mat Pilates 9:00 AM Bailie	Mat Pilates 10:00 AM Bailie
Body Sculpt 5:30 PM Catherine	Yoga I Vinyasa 5:00PM Victoria/Celene	Strength Training 5:00PM Luis	Yoga II Vinyasa 5:00 PM Celene		

***CLASS SCHEDULE/INSTRUCTORS SUBJECT TO CHANGE & CANCELATION**

New Classes 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.

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

Pilates Yoga Fusion- designed to combine challenging and mindful movements that highlights core strength as well as full body

Power Yoga- 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.

Mat Pilates - Focus on practicing the foundational classical Pilates movements including posture awareness, core strengthening, flexibility and breath.

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

Golf Strength & Conditioning - Dynamic/static exercises used to improve golf specific movements. Great for injury prevention and joint stability as well as increasing power.

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!

Core O'Clock- Time to build core muscle groups and tone your abs while improving posture and stability.

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

