



# Calabasas Fitness Center

## Group Exercise Schedule

*Complimentary Classes for You!*

**Effective September 1st**

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

**\*CLASS SCHEDULE/INSTRUCTORS SUBJECT TO CHANGE & CANCELTION**

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@calabasagolf.com](mailto:amelia@calabasagolf.com)

## 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!

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

