



# Calabasas Fitness Center

## Group Exercise Schedule

*Complimentary Classes for You!*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Power Spin</b> 7:00 AM Samantha	<b>Spin®</b> 8:00AM Jodi		<b>Spin®</b> 8:00 AM Jodi	<b>Spin®</b> 6:30 AM Jodi	<b>Spin®</b> 8:00 AM Jodi
<b>HIIT</b> 8:00 AM (45 min) Catherine		<b>Strength</b> 8:00 AM (45 min) Amelia		<b>Body Sculpt</b> 8:15 AM (45 min) Catherine	<b>Cardio Boxing</b> 8:00 AM Steven
<b>Stretch &amp; Flexibility</b> 9:30 AM (30 min) Amelia	<b>Mat Pilates</b> 9:30 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>Yoga Sculpt</b> 9:00 AM Celene
<b>Cardio Boxing</b> 5:30 PM (45 min) Steven	<b>Yoga I Vinyasa</b> 5:00 PM Victoria	<b>Strength</b> 5:15 PM (45 min) Steven	<b>Yoga II Vinyasa</b> 5:00 PM Celene		<b>Mat Pilates</b> 10:00 AM Baillie

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

**New Classes & Class Times 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 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

**Power Spin**- Upbeat! Will bring your heart rate to a new level and burn those calories!

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

**Strength**- 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.

**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!

**Cardio Boxing**- Cardio/strength class that incorporates boxing and develops stamina, speed, coordination and body control. It is recommended to bring your own gloves.

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

