



Calabasas Fitness Center

Group Exercise Schedule

Complimentary Classes for You!

Effective January 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Spin 6:30 AM Samantha	Spin® 8:00AM Jodi		Spin® 8:00 AM Jodi	Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi
HIIT 8:00 AM (45 min) Catherine	Stretch & Flexibility 8:30 AM (30 min) Amelia	Strength 8:00 AM (45 min) Natalia		Body Sculpt 8:15 AM (45 min) Catherine	Weekend Warrior 8:00 AM Steven
Yoga 9:00 AM Natalia	Mat Pilates 9:30 AM Victoria	Mat Pilates 9:00 AM Bailie	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00 AM Bailie	Yoga Sculpt 9:00 AM Celene
Cardio Boxing 5:30 PM (45 min) Steven	Yoga I Vinyasa 5:00 PM Victoria	Cardio Boxing 5:15 PM (45 min) Steven	Yoga II Vinyasa 5:00 PM Celene		Mat Pilates 10:00 AM Bailie

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

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

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.

Weekend Warrior- Total body workout that will get your heart pumping

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

