



Calabasas Fitness Center

Group Exercise Schedule

Complimentary Classes for You!

Effective April 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin® 7:30 AM Jodi	Spin® 8:00AM Jodi		Spin® 8:00 AM Jodi	Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi
Strength 8:00 AM Amelia	HIIT 8:30 AM (30 min) Amelia	Cardio Boxing 8:00 AM (45 min) Balvinder		Body Sculpt 8:15 AM (45 min) Catherine	Yoga Sculpt 9:00 AM Celene
Cardio Boxing 5:15 PM (45 min) Balvinder	Mat Pilates 9:00 AM Balvinder	Yoga Sculpt 9:00 AM Celene	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00 AM Sean	
Spin 6:15 PM Balvinder	Yoga I Vinyasa 5:00 PM Gerardo	Power Yoga 5:00 PM Gerardo	Yoga II Vinyasa 5:00 PM Celene		

***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

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.

Power Yoga- Similar to Vinyasa but focuses more on building strength through specific drills. Also, enhances stamina, flexibility and mental focus.

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

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.

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.

