



Calabasas Fitness Center

Group Exercise Schedule

Effective May 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin® 7:30 AM Jodi	Spin® 8:00AM Jodi	Cardio Boxing 7:45AM (45 min) Ashley	Spin® 8:00 AM Jodi	Spin® 6:30 AM Balvinder	Spin® 8:00 AM Jodi
Body Sculpt 8:15 AM (45 min) Catherine	Strength 8:30 AM (30 min) Amelia	Yoga I/Yoga Sculpt 8:30 AM Celene		Boxing & Body Sculpt 8:00 AM (45 min) Balvinder	Yoga Sculpt 9:00 AM Celene
	Mat Pilates 9:00 AM Ashley	Mat Pilates 9:30 AM Ashley	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00 AM Sean	Cardio Boxing 10:00 AM (45 min) Balvinder
Cardio Boxing 5:15 PM (45 min) Ashley	Yoga I Vinyasa 5:00 PM Gerardo	HIIT 5:15 PM SUB	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@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

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.

Body Sculpt- Low intensity weight training that focuses on full body exercises and great for all fitness levels!

Boxing & Body Sculpt- Experience the perfect blend of boxing and body sculpt in this dynamic hybrid class!

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

HIIT- High-intensity interval training that involves alternating periods of intense exercise with short rest, designed to maximize calorie burn and cardiovascular fitness

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

