



Calabasas Fitness Center

Group Exercise Schedule

Effective May 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 Balvinder | Spin® 8:00 AM Jodi |
| Body Sculpt 8:00 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 Balvinder | 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) SUB | Yoga I Vinyasa 5:00 PM Gerardo | HIIT 5:15 PM Jodi | 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.

