

FEATURED FITNESS CLASSES

GROUP EXERCISE CLASS SCHEDULE

DEC 2017



The fitness classes listed below are included with your membership, or are open to the public for \$8-\$10 per class.

MONDAY	
7:30-8:30a	Pilates <i>Ann</i>
8:30-9:30a	Ultimate Body <i>Sheri</i>
9:30-10:45a	Yoga <i>Chandra</i>
10:45-11:45a	Zumba <i>Jessi</i>
12:00-1p	Muscle Cond. <i>Christine</i>
1:15-2:15p	Sr. Fitness <i>Trissa</i>
4-5p	Body Blast <i>Susan</i>
5-6p	Cycling <i>Susan</i>
6-7p	Strength & Core <i>Janice</i>
7-8p	Cardio Kickboxin <i>Janice</i>

TUESDAY	
8:15-9:15a	Muscle Cond. <i>Christine</i>
9:15-10:15a	Tone & Stretch <i>Patrice</i>
10:30-11:30a	Cycling <i>Patrice</i>
11:30-12:45p	Ballet Slim & Trim <i>Ann</i>
1-2p	Sr. Fitness <i>Trissa</i>
5:25-6:25p	Step n' Sculpt <i>Christine</i>
6:30-7:30p	Cycling <i>Steve</i>
7:30-8:45p	Pilates/Yoga <i>Katie</i>

WEDNESDAY	
7:30-8:30a	Ultimate Body <i>Jennifer</i>
8:30-9:30a	Cycling <i>Kathy</i>
9:30-10:30a	R.I.P.P.E.D. <i>Rachel</i>
10:35-11:50a	Yoga <i>Sheryl</i>
12-1p	Zumba Gold <i>Del</i>
1:15-2:15p	Sr. Fitness <i>Trissa</i>
5-6p	Muscle Cond. <i>Trissa</i>
6-7p	Pilates <i>Trissa</i>
7-8:15p	Yoga <i>Patrice</i>

THURSDAY	
7-8a	Cycling <i>Kathy</i>
8-9a	Tone & Stretch <i>Patrice</i>
9-10a	Muscle Cond. <i>Christine</i>
10-11a	PiYo <i>Rachel</i>
11a-12p	Zumba <i>Jessi</i>
12-1:15p	Yoga <i>Sheryl</i>
1:30-2:45p	Ballet Slim & Trim <i>Ann</i>
5:25-6:25p	Step N Sculpt <i>Christine</i>
6:30-7:30p	Spinervals <i>Missy</i>
7:30-8:45p	Zumba Tone <i>Shelby</i>

FRIDAY	
7:30-8:30a	Pilates <i>Ann</i>
8:30-9:30a	Cycling <i>Kathy</i>
9:30-10:30a	Bootcamp <i>Jennifer</i>
10:30-11:30a	Zumba <i>Jewell</i>
11:35a-1p	Yoga <i>Patrice</i>
1:15-2:15p	Sr. Fitness <i>Trissa</i>
4:15-5:15p	Bootcamp <i>Trissa</i>
5:30-6:30p	Zumba <i>Daryana</i>

SATURDAY	
8-9a	Zumba <i>Del</i>
9-10:15a	Yoga <i>Chandra</i>
10:15-11:30a	Bootcamp <i>Trissa</i>
11:30-12:30p	Pilates <i>Trissa</i>
12:30-1:45p	Ballet Slim & Trim <i>Ann</i>

SUNDAY	
9-10:30a	Cycling/Core <i>Patrice</i>
10:30a-12p	Yoga <i>Patrice</i>

Note:
Changes from the previous month are highlighted in blue.

HOLIDAY SCHEDULE
SUN 12/24 **OPEN 7AM-2PM**
MON 12/25 **CLOSED**
SUN 1/31 **OPEN 7AM-2PM**

AGOURA HILLS/CALABASAS
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CLASS DESCRIPTIONS

Don't hesitate to try a class! All classes are open to everybody. **TIP:** While in class, if you find a movement to be too challenging, you can always listen to your body and improvise until a new move begins.

Ballet, Slim & Trim: The barre is a real workout and the "center" works on grace, alignment and balance. Great way to tone!!

Body Blast: Define, tone and strengthen with a full body workout. This workout is specially designed to help you burn fat, focus on core training and increase muscular endurance.

Bootcamp: Intense nonstop heart-pounding cardio workout in a bootcamp style environment that will be sure to challenge every fitness level. Includes weights, plyometrics, kickboxing and core strengthening.

Cycling: Indoor, multi-level cycling for a great cardio workout. Please put your cycling shoes on once your bike is set up to avoid damage to the wood floors. Towels are strongly recommended.

Cycling/Core/Foam: Indoor, multi-level cycling for a great cardio workout, followed by foam roll and core exercises for the abs and back. Towels are strongly recommended.

Dance It Out: A high energy, total body, cardio dance workout infused with different dance styles including Hip Hop, Bollywood, Disco and Country. Students of all fitness levels and ages are welcome for this positive, fun, energetic class!

Muscle Conditioning: Full body resistance workout, using weights for a challenging and effective workout.

Pilates: Trim & strengthen your core to promote alignment, flexibility, posture, endurance and general health. Beginners welcome!

Pilates/Yoga: A combination of Pilates & Yoga exercises to strengthen your core, promote alignment, endurance, increase flexibility & mental calmness. 15 minutes of meditation at the end of class. **Sweatshirt recommended.** All levels welcome!

PiYo: Combining the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. Quick speed to deliver a true fat-burning, low-impact workout. No weights used.

R.I.P.P.E.D.: Resistance. Intervals. Power. Plyometrics. Endurance. Diet. Be prepared to sweat a lot!!

Senior Fitness: A fun sculpt and tone class that will increase strength endurance, flexibility and bone density, using light weights and resistance bands. Recommended for ages 55+.

Spinerval: A combination of interval training on the bike with strength and conditioning training off the bike. A great workout, combining cycling, strength and power.

Step N Sculpt: Cardiovascular workout using both step and weight intervals. Ab/core exercises included.

Strength & Core: Class combines cardio, strength and core training to bring your body results! Resistance circuit training that incorporates dumbbells, resistance bands, stability balls, and gliding disks. Build stamina, strengthen bones and prevents injuries!

Strong (by Zumba): Intense body weight training. No dancing at all. Be prepared to sweat!

Tone & Stretch: Gentle stretches, core strength and balance exercises to tone your body.

Ultimate Body: Shred and sculpt your body with intensive strength and cardio intervals. Challenges your muscles and core to enable your body to perform at its highest efficiency in burning fat and calories. Includes 10 minute focus on abs.

Yoga: Come close your eyes and unwind while you stretch, meditate and relax in this multi-level class. Yoga compliments other forms of exercise and promotes strength, balance, circulation and flexibility through posture, correct alignment, inner awareness and breath. Please bring a yoga mat. **A blanket, sweatshirt or sweater is strongly recommended.**

Zumba: High energy and motivating, easy-to-follow dance routines. Features aerobic/fitness interval training and body sculpting movements. Fun and great for the body and mind!

Zumba Gold: Latin-dance inspired Zumba workout, accessible for seniors, beginners or those needing modifications in exercise routines. Fun, easy and great for the body and mind!

Zumba Tone: Zumba dancing, light weight/stick resistance training, ballet barre toning, abs and cool down stretching. Its facilitated for all levels to participate in. The results provide core muscle toning, improved flexibility & joints range of motion, and concludes with an extensive cool down.

RULES & ETIQUETTE

Classes operate on a first-come, first-served basis.

Towels are recommended, not provided.

When arriving late; please set up in the back of the room.

If you are not following the instructor closely, please set up in the back of the room.

All classes and instructors are subject to change.

HOURS OF OPERATION

Mon-Fri 6am-10pm

Sat 7am-7pm

Sun 7am-6pm