

SUMMER SCHEDULE

AQUATICS

Aqua Fit-Jump on in to improve balance, coordination and strength in a challenging aqua cardio routine.

Aqua Zumba-A water class using dance & fitness moves to the background of fun, upbeat music. Workout and have fun!

Wet & Wild Water Splash-Jump in & protect your joints, strengthen your body & laugh out loud with us.

CARDIO

Spinning-Periodized indoor cycling class. You must sign up 30 minutes prior to class.

Spinning Fusion: A blend of a traditional indoor cycling ride with bodyweight strength and/or core training. You must sign up 30 minutes prior to class.

DANCE

Dance Electric-Modern dance/improv designed for fun to refresh the mind, move the body & make the heart sing.

Ayuma Zumba-Classic Zumba workout bringing traditional Zumba flare to the party.

Just Dance-Upbeat high energy fusion class woven together with easy choreography offering a great workout.

Break It Down Dance-Groove your way into shape with the cut, sleek dance moves of Zumba & Samba.

Saucy Jazz Dance-Dance and sweat and get a great workout without even knowing that you are exercising.

Zumba Spice-High energy moves and music in a party-atmosphere dance class.

Sizzling Zumba -Dynamic, energetic toning class using Latin and international music + dance moves.

KIDS

Fit Kids Move-Ages 3-8 focus on fun, games and activities to for the young body and mind.

SPARK for Kids-Sports, Play and Active Recreation for Kids through games, activities & music for ages 3 and up.

PILATES

Balanced Body Pilates-Method pilates with a twist using tools to strengthen the core and create balance & grace.

Pilates Take It To The Mat-Mats & props used to promote core muscle strength & spinal alignment.

RESISTANCE TRAINING & CARDIO + RESISTANCE TRAINING

Cardio Plus-Full body conditioning with body weight and hand weights.

Body Conditioning-Full body workout using various fitness tools with a bit of cardio to spice things up.

Bosu Blast-Intense intervals with a Bosu puts your metabolism into overdrive. Bring water & a strong will.

Tempo Power Circuits-Circuit training that varies rep speed to produce more effective training effects.

Core Fusion-Core strength, stability and flexibility using old school exercises with a yoga + pilates flair.

STRETCH & RELAXATION

Athletic Yoga Flow-Build strength, flexibility & endurance with Vinyasa, Iyengar and Viniyoga.

Prakrti & Purusa Yoga-This class will look we will look at the paradox of moving into stillness.

Yoga Therapy For Backs & Beyond-Using yoga therapy to relieve pain while gently stretching & strengthening.

Flexibility Training-Increase overall health & fitness by ensuring full joint range of motion thru stretching.

Moving Into Grace Yoga-Flow into & out of poses of strength to increase body awareness & awaken the inner you.

Qi Gong Opening Your Energy Gates-Practice this ancient Chinese art to increase vitality & calm the mind.

Rise & Shine Yoga-Improve the range of motion of hips, hamstrings & shoulders with a mindful practice.

Yoga Connection-Mind, Body, Breath-Yoga poses immersion to refresh and renew.

Freedom Flow Yoga-Dynamic & purifying to cultivate a deeper connection between the mind & body, movement & breath.

Joyful Yoga-Establish a joyful foundation practice using 15 core yoga poses and three essential breath exercises.

Muscle Corset-Rhythmic movements to music designed to promote trunk muscle strength & spinal area relaxation .

OTHER SPECIAL INTERESTS

Beyond The Gym Hike-Instructor led outdoor hikes exploring the Ojai Valley trails. Meet at the Front Desk.

Devotion to Motion-Develop strength, agility, balance & coordination for seniors or beginners.

Ease into Exercise-For seniors or beginners to develop a mind-body connection with strength & stability work.

Thrive Performance Group Training-Combining the benefits of strength training + cardio in a personal trainer led bootcamp style program that leads to results quickly and safely in a fun, friendly environment. Fees apply.

Thrive Foundations Group Training-A gentle, fun emphasis on foundational exercises to increase stamina, flexibility, and strength, along with building a strong core. Fees apply.



Fitness Department

SUMMER SCHEDULE

Beginning June 2nd, 2014

Club Hours:

Monday—Thursday 5:30am-9:30pm

Friday 5:30am-9:00pm • Saturday 7am-8pm • Sunday 8am-8pm

June 2nd, 2013 - August 31st, 2014

805.646.7213

www.caclubs.com

Version 2

Our mission is to provide the finest club experience, where our priority is your health and well-being.

Integrity, Creativity, Caring, Passion, Excellence

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beyond The Gym Hike 8am Robert ◇◇	Devotion to Motion 7:45am Joanne ◇	Balanced Body Pilates I 8:30am Stephanie ◇◇	Ease into Exercise 7:45am Kirby ◇	Wet & Wild Water Splash 8am Robert ◇	Dance It Off 8:30am Susan ◇◇	Break It Down Dance 8:30am Joanne ◇◇
Body Conditioning 8:30am Andrea ◇◇◇	Moving Into Grace Yoga 8:35am Robert ◇◇	Aqua Zumba 8am Maria ◇	Moving Into Grace Yoga 8:35am Robert ◇◇	Balanced Body Pilates II 8:30am Stephanie ◇◇◇	Muscle Corset 9:30am Anna ◇◇	Rise & Shine Yoga 9:30am Maura ◇◇
Aqua Fit 8am Joanne ◇	Zumba Spice 9:45am CeCe ◇◇	Saucy Jazz Dance 9:30am CeCe ◇◇	Body Conditioning 9:45am Andrea ◇◇◇	Bosu Blast 9:30am Eden◇◇◇	Prakrti & Purusa Yoga 10:30am Rowan ◇◇◇	
Athletic Yoga Flow 9:45am Basho ◇◇◇	Flexibility Training 12pm Susan◇	Joyful Yoga 10:45am Lyn ◇	Flexibility Training 12pm Susan ◇	Core Fusion* 9:45am Rita ◇◇		
Pilates I Take It To The Mat 4pm Emma ◇◇	Fit Kids Move 3:30pm Tami ◇	Flexibility Training 12pm Susan◇	SPARK for Kids 3:30pm Holly ◇	Freedom Flow Yoga 10:45am Eden ◇◇◇		
Cardio Plus 5:00pm Eden ◇◇◇	Body Conditioning 5:00pm Andrea ◇◇◇	Pilates II Take To The Mat 4pm Susan ◇◇◇	Sizzling Zumba 5pm Maria ◇◇	Ayuma Zumba 5pm Joanne ◇◇		
Tempo Power Circuits 5pm Jeff ◇◇	Yoga Connection 6:05pm Maura ◇◇	Just Dance! 5pm Susan ◇◇	Tempo Power Circuits 5pm Jeff ◇◇			
Dance Electric 6:05pm Anna ◇◇		Qi Gong Opening Energy Gates 6:05pm Robert ◇	Core Fusion* 6pm Rita ◇◇			
			Yoga Therapy -Backs & Beyond 6pm Robert ◇	*Upstairs Fitness Studio		

SPINNING◇◇◇-Don't forget that sign-ups begin 1/2 hour before class and bring a bottle of water.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am Corkey 8:30am Danielle 4pm Sara Lynn 6pm Robert	5:45am Quannah 8:30am Eric 5pm Megan FUSION 7:00pm Robert	5:45am Corkey 8:30am Danielle 4pm Corkey FUSION 6pm Debora	5:45am SaraLynn FUSION 8:30am Rick 5pm Debora 7:05pm Robert	5:45am Quanah 8:30am Brandi	8:30am Eric FUSION 9:30am Brooke	8:30am Mark

METABOLIC MANIA/GROUP TRAINING-Appointment recommended but not required. 1st session complimentary, then fees will apply. Beginner to advanced welcome.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:45am Danielle 4pm Danielle 5pm Eric 6pm Jeff	6am Eric 7:15am Eric 8:30am Danielle 4pm David 5pm Eric	9:45am Danielle 4pm Danielle 5pm Eric	6am & 7:15am Eric 8:30amFoundations Danielle 4pm David 5pm Eric 6pm Jeff	8:30am Danielle 4pm David	7:15 am Eric	

To Book Appointment:	Jeff 805-512-1880	Danielle 818-219-4835	David 323-717-6018	Eric 805-216-4331
All classes maybe attempted by anyone, but certain moves may need to be modified. Classes are classified as follows: ◇Deconditioned members should feel comfortable. ◇◇Deconditioned members maybe somewhat challenged. ◇◇◇Deconditioned members may be very challenged.				

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