

# SPRING FITNESS SCHEDULE

March 1—May 31, 2020

<b>MONDAY</b>	8:00am Beyond the Gym Hike- Robert ◊ ◊	8:00am Aqua Fit- Mimi ◊	8:30am Body Conditioning- Andrea ◊ ◊ ◊	9:45am Yoga Sculpt- Brad ◊ ◊ ◊	12:15pm Flexibility Training- Susan ◊	4:00pm Mat Pilates- Georgia ◊ ◊
	5:00pm POUND Rockout Workout Mallory ◊ ◊	5:00pm Circuit Training- Trudie ◊ ◊	6:05pm Dance Electric- Anna ◊ ◊	7:15pm Core Power- Trudie ◊ ◊		
<b>TUESDAY</b>	7:45am Ageless Strength- Stephanie ◊	8:35am Moving Into Grace Yoga- Robert ◊ ◊	9:00am Aqua-robics-Mari ◊ ◊	9:45am Jazz-Sesh Dance-Georgia◊◊	10:00am Aqua Stretch-Mari ◊	10:45am Vinyasa Yoga- Rowan ◊◊◊
	12:00pm Flexibility Training- Susan ◊	3:45pm Junior Yoga- Becki◊	5:00pm Cardio Strength- Maria◊ ◊ ◊	6:05pm Trinity Yoga Flow- Etienne ◊ ◊	7:00pm Weekend Warrior-Erin ◊ ◊ ◊	
<b>WEDNESDAY</b>	8:00am Water Wonderland- Maria ◊	8:30am Pilates Fusion- Kirby ◊ ◊	9:30am FUNKAerobic Dance-Mandy ◊ ◊	10:45am Vigorous Vinyasa- Oliver ◊ ◊	12:00pm Flexibility Training- Susan ◊	4:00pm Mat Pilates- Natalie ◊ ◊
	5:00pm Core & More- Peggy ◊ ◊	6:05pm Qi Gong- Lyn ◊	7:00pm Cardio Kickboxing-			
<b>THURSDAY</b>	7:45am Ease into Exercsie- Kirby ◊	8:35am Moving Into Grace Yoga- Robert ◊ ◊	9:00am Aqua-robics- Mari ◊ ◊	9:45am Body Conditioning- Andrea ◊ ◊ ◊	10:00am Aqua Stretch-Mari ◊	12:00pm Flexibility Training- Susan ◊
	3:30pm Fit Kids Move- Tami◊	5:00pm Sizzling Zumba- Maria ◊ ◊	5:00pm Circuit Training- Trudie-lower gym ◊ ◊	6:00pm Yoga Basics- Robert ◊	7:00pm Pump It Up- Trudie ◊ ◊	
<b>FRIDAY</b>	8:00am Wet & WildWaterSplash Robert ◊	8:30am Bootcamp Exploion- Angela ◊ ◊ ◊	9:30am POUND Rockout Workout - Maria◊ ◊ ◊	10:30am Mat Pilates- Georgia◊◊	11:30am NuPower Vinyasa Yoga - Becki ◊ ◊ ◊	3:00pm Yoga Stretch- Dana◊
	4:00pm Barre Above- Sarah ◊ ◊					
<b>SATURDAY</b>	8:30am All About Dance- Kim ◊ ◊	9:00am Aqua-robics- Mari ◊ ◊	9:30am Muscle Corset- Anna ◊ ◊	10:30am Vinyasa Yoga- Eden◊ ◊		
<b>SUNDAY</b>	8:30am Cardio Dance- Taylor◊ ◊	9:30am Yogic Waves-Etienne◊◊				
	10:45am Beyond Barre-Amanda ◊ ◊	12:00pm Restorative Yoga-Jackie ◊				

Classes are subject to cancellation without notice.  
 Visit website for descriptions of classes.  
 All classes may be attempted by anyone, but certain moves may need to be modified. Classes are classified as:  
 ◊ Deconditioned members should feel comfortable  
 ◊ ◊ Deconditioned members may be somewhat challenged  
 ◊ ◊ ◊ Deconditioned members may be very challenged

# SPINNING SCHEDULE

March 1-May 31, 2020

<b>MON</b>	5:45am Corkey	8:30am Hayley	6:00pm Robert
<b>TUES</b>	5:45am Angela	8:30am Jess	6:00pm Ashley
<b>WEDS</b>	5:45am Corkey	8:30am Carol	6:00pm Deb
<b>THU</b>	5:45am Tait	8:30am Debbie	
<b>FRI</b>	5:45am Debbie	8:30am Chris	
<b>SAT</b>	8:30am Mallory	9:30am Beth	
<b>SUN</b>	8:30am Mark	9:30am Gary	

Classes subject to cancellation without notice.

Bring a bottle of water and a towel.

Deconditioned members may be very challenged.

Fusion is a blend of a traditional indoor cycling ride with light weight or bodyweight strength and core training.

# SMALL GROUP TRAINING SCHEDULE

March 1-May 31, 2020

<b>MON</b>	8:30am Rebuild- Corkey (805)218-4629	9:45am Rock It- Danielle (818)219-4835	5:00pm Rock It Erin (701)238-7351		
<b>TUES</b>	6:00am Rock It- Corkey (805)218-4629	8:30am Rock It- Danielle (818)219-4835	9:45am Dream Jeans- Danielle (818)219-4835	4:00pm Rock It- David (323)717-6018	5:00pm Rock It- Sarah (805)218-0874
<b>WEDS</b>	8:30am Rebuild- Corkey (805)218-4629	9:45am Rock It- Danielle (818)219-4835	5:00pm Rock It Erin (701)238-7351		
<b>THU</b>	6:00am Rock It- Corkey (805)218-4629	9:45am Dream Jeans- Danielle (818)219-4835	4:00pm Rock It- David (323)717-6018	5:00pm Rock It- Sarah (805)218-0874	
<b>FRI</b>	8:30am Rock It- Danielle (818)219-4835	9:45am Rehab- David (323)717-6018	<p><b>APPOINTMENT REQUIRED</b></p> <p>1st session is complimentary for members (excluding Dream Jeans), then fees will apply.</p> <p>ROCK IT- No Regrets: Strength+ cardio program that leads to extraordinary results in a fun and safe session.</p> <p>REBUILD-No Pressure: Reasonable workouts for those who are deconditioned, recently healed or aging.</p> <p>REHAB-No Pain: Manual therapist led session for those with injuries looking to get out of pain and move again.</p>		
<b>SAT</b>	9:00am Rock It- Erin (701)238-7351				

**Club Hours: Monday-Thursday 5:30am—9:30pm**

**Friday 5:30am—9:00pm, Saturday 7:00am—8:00pm, Sunday 8:00am—8:00pm**

# FITNESS CLASS DESCRIPTIONS

March 1—May 31, 2020

## *AQUATICS*

- Aqua Fit**-Jump on in to improve balance, coordination and strength in a challenging aqua cardio routine.
- Water Wonderland**-A combo of cardio, toning and dance in the pool. Fitness with a splash of fun.
- Wet & Wild Water Splash**-Jump in & protect your joints, strengthen your body & laugh out loud with us.
- Aquarobics** – Safely challenge your balance, strength & flexibility while improving your endurance & energy .
- Aqua Stretch**—Increase flexibility, range of motion and circulation as your body renews in the warm water.

## *DANCE*

- All About Dance**-Explore different dance genres, yoga , free weight & Bosu balance in this conditioning & movement class.
- Dance Electric**-Modern dance/improv designed for fun to refresh the mind, move the body & make the heart sing.
- FUNKAerobic Dance**-Come dance for fun and sweat (a lot). The music is eclectic, the fever is contagious!
- Sizzling Zumba** -Dynamic, energetic toning class using Latin and international music + dance moves.
- Cardio Dance**– Dance based cardio class to strengthen and tone with an energetic Hip Hop or Jazz Funk routine.

## *PILATES*

- Mat Pilates**-Strengthen core to support & stabilize a fluid spine through a seamless series of full body exercises & stretches.
- Pilates Fusion**– A dynamic class combining Pilates, yoga & Foundation Training principles to restore healthy movement.

## *STRENGTH, CARDIO*

- Barre Above**– Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers perform.
- Beyond the Barre**-Full body barre workout combining yoga, Pilates, ballet, and traditional strength training for lean muscles.
- Circuit Training**– Circuit training using various machines and stations.
- Body Conditioning**-Full body workout using various fitness tools with a bit of cardio to spice things up.
- Weekend Warrior**- Find your power in this high energy cardio class designed to help you develop your inner warrior.
- Bootcamp Explosion** –Dynamic, fun class that will get your heart pounding and your muscles stronger.
- Core & More**– Muscle specific toning using varied equipment and great music for a heart pumping workout.
- Core Power**—Activate & strengthen the all important core muscles and so much more.
- Pump It Up**—Interval training using cardio and strength training to work large muscle groups and get your blood pumping.
- Cardio Kickboxing**—A high-intensity cardio workout for full body fitness using punches and kicks (non-contact).
- Cardio Strength**—High intensity training utilizing body weight, light dumbbells, plyometrics, and more.

## *YOGA, CORE, STRETCH & RELAXATION*

- Restorative Yoga**-Calm and reset your entire body and mind for the ultimate sense of peace in this beginner level class.
- Yoga Sculpt**-Traditional yoga postures combined with hand weights and high-intensity cardio bursts for a full body workout.
- Yoga Basics**-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** -Practice this ancient Chinese art to increase vitality & calm the mind.
- Trinity Yoga Flow**-A harmony of body, breath & mind for strength, flexibility, relaxation & overall wellness.
- Vinyasa Yoga**-Coordinate powerful, connected , spiritual movements with breath to flow from one pose to the next..
- Vigorous Vinyasa**-Cultivate strength, flexibility & presence by vigorously flowing thru postures, linking breath to movement.
- NuPower Vinyasa Yoga**-The perfect combination of sweat and soul, designed for strength, flexibility and mindfulness.
- Muscle Corset**-Rhythmic movements to music designed to promote trunk muscle strength & spinal area relaxation .
- Yogic Waves**-TriYoga emphasizes wavelike spinal movement, economy of motion, and body-breath-mind harmony.
- Yoga Stretch**-Gentle stretches for the body to calm the mind using classic yoga postures for internal balance and harmony.
- Junior Yoga**-Welcoming ages 8-18 years to learn the basics and the benefits of yoga through pranayama and meditation.

## *OTHER SPECIAL INTEREST*

- Fit Kids Move** -Ages 3 and up focus on fun, games and activities for the young body and mind.
- POUND Rockout Workout**-Full body cardio, Pilates, isometrics and plyometrics using lightly weighted drumsticks.
- Beyond The Gym Hike**-Instructor led outdoor hikes exploring the Ojai Valley trails. Meet at the Front Desk.
- Ageless Strength**-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.