

2017 FITNESS SCHEDULE 2017



CALABASAS TENNIS & SWIM CENTER



RED=NEW/CHANGED INFO. ● =BEGINNER CLASS ◆ =ADVANCED CLASS EFFECTIVE OCTOBER 1, 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|---|---|
| Boxer's Workout 7:00am-8:00am Lauren C. | Cycling 6:15am-7:15am Kathy F. | ◆ Cardio Kickboxing 7:00am-8:00am Derrick C. | | Cycling 6:15am-7:15am Kathy F. | Boxer's Workout 7:30am-8:25am Mr. G | Cycling 8:15am-9:10am Linda W. |
| ◆ Tabata 20/10 8:15am-9:10am Andrea G. | AB LAB 7:45am-8:10am Deborah H. | ◆ Tabata 20/10 8:15am-9:10am Helene S. | AB LAB 7:45am-8:10am Andrea G. | ◆ H.I.I.T ADV. 8:15am-9:15am Derrick C. | Cycling 8:15am-9:15am Susan P. | |
| Cycling 9:00am-10:00am Lauren C. | CardioLift 8:15am-9:10am Natasha R. | Cycling 8:15am-9:15am Andrea G. | CardioLift 8:15am-9:10am Andrea G. | Cycling 8:15am-9:15am Linda J. | Boxer's Workout 8:30am-9:25am Mr. G | |
| | Cycling 8:15am-9:15am Linda J. | | Cycling 8:15am-9:15am Natasha R. | | | |
| R.I.P.P.E.D 9:15am-10:15am Natasha R. | ◆ gTonnicks Power 9:15am-10:15am Mr. G (room #2) | Pump It Up 9:15am-10:15am Helene S. | gTonnicks Power 9:15am-10:15am Andrea G. (room #2) | X-T raining 9:25am-10:25am Linda J. | Cycling 9:20am-10:20am Linda W. | Cycling 9:20am-10:15am Linda W. |
| Savvy Sr. Fitness 10:20am-11:05am Christine F. | Body Rock 9:15am-10:10am Gaylene C. | Tai Chi Yoga 10:20am-11:05am Amy H. | Body Rock 9:15am-10:10am Gaylene C. | | Zumba 9:35am-10:30am Natasha R. | Dance Fitness 9:30am-10:30am Deborah C. |
| Zumba 11:10am-12:00pm Olesya | Power Flow Yoga 10:15am-11:10am Helene S. | Zumba 11:10am-12:00pm Lisa B. | PowerFlow Yoga 10:15am-11:10am Hilary F. | Zumba Toning 10:30am-11:30am Rachel M. | Int. Adv. Yoga 10:35am-11:35am Tracy F. | |
| Cycling 12:00pm-1pm Terri I. | gTonnicks Classic 10:30am-11:15am Mr. G. (room #2) | Cycling 12:00pm-1pm Susan P. | Balance Ball 11:15am-12pm Lisa L. | Yoga Mix 12:00pm-1:00pm Amy H. | Zumba 12:00pm-1:00pm Betty Y. | Zumba 10:40am-11:40am AleesShelby |
| Yoga Mix 12:05pm-1pm Amy H. | Balance Ball 11:15am-12pm Helene S. | AB LAB 12:05pm-12:35pm Deborah H. | ● Hatha Yoga 12:05pm-1pm Amy H. | Cycling 12:00pm-1:00pm Susan P. | Roller/Release/Relax 1:00pm-2:00pm Betty Y. | Sunday Brunch Yoga 11:45am-12:45pm Katie W. |
| | ● Hatha Yoga 12:05pm-1pm Amy H. | ● Simply Stretch/Yoga 12:35pm-1:00pm Deborah H. | | | | |
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| Mat Pilates Fusion 4:30pm-5:25pm Linda J. | | Mat Pilates Fusion 4:30pm-5:25pm Deborah H. | | | | |
| Cycling 6:00pm-7:00pm Sharon S. | Boxer's Workout 5:30pm-6:25pm Mr. G | ◆ Cycling 5:30pm-6:25pm Lauren C. | | Int./Adv. Yoga 5:30pm-6:30pm Tracy F. | | |
| Barre/Bands & Balls 5:30pm-6:25pm Gaylene C. | | Dance Fitness 5:30pm-6:30pm Deborah C. | Body Blast 5:30pm-6:25pm Gaylene C. | | | |
| gTonnicks Classic 6:30pm-7:25pm Mr. G | Vinyasa Flow Yoga 6:30pm-7:30pm Amy H. | ◆ gTonnicks Power 6:35pm-7:30pm Mr. G | Vinyasa Flow Yoga 6:30pm-7:30pm Amy H. | | | |
| | Cycling 6:30pm-7:30pm Don N. | Cycling 6:35pm-7:30pm Linda W. | Cycling 6:30pm-7:30pm Linda W. | | | |
| ● Beg. Yoga 7:30pm-8:15pm AleesShelby | | | | | | |

**ATTENTION:
NON-PRIME TIME MEMBERS
ARE ELIGIBLE FOR CLASSES
IN THE BLUE SHADED AREAS
ONLY**

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|---------------------------------------|---|---------------------------------------|--|---------------------------------------|--|---|
| Aqua Fit 8:50am-9:50am Olesya | | Aqua Fit 8:50am-9:50am Olesya | | Aqua Fit 8:50am-9:50am Olesya | Aqua Fit 8:50am-9:50am Olesya | |
| Aqua Fit 10:10am-11:05am Olesya | Aqua Fit 10:10am-11:10am Christine F. | Aqua Fit 10:10am-11:10am Olesya | Aqua Fit 10:10am-11:10am Don N. | Aqua Fit 10:10am-11:10am Olesya | Aqua Zumba 10:10am-11:10am Betty | Aqua Fit 10:15am-11:15am Katie W. |
| | Aqua Fit 5:30pm-6:30pm Olesya | | Aqua Fit 5:30pm-6:30pm Lauren C. | | | |

CLASS SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE

FOR PRIVATE TRAINING INFORMATION: PLEASE CONTACT MR. G (818) 735-0999



FITNESS CLASS DESCRIPTIONS



ACTION PACKED

BOXER'S WORKOUT: Bring out the boxing gloves and heavy bags! Have a blast with this boxing based full body conditioning class! **BRING YOUR OWN GLOVES!**

BODY BLAST: Total body conditioning with aerobics, weights, balance ball, exercubes to strengthen, condition, align and tone!

◆ **H.I.I.T.** High Intensity Interval Training for the advanced clientele. Get ready to kick it up a notch with this exhilarating, high energy, non-stop athletic training class

X-TRAINING: Intense and controlled interval training with weights & cardiovascular with weights, bars and bands.

PUMP IT UP: Be prepared to burn out those muscles! This class will improve your strength and definition to the max! Uses weights, bars and bands.

◆ **CARDIO KICKBOXING:** Advanced, fast paced, high intensity cardio work for the entire body workout! No gloves necessary but be prepared to work hard and sweat!

CARDIO SCULPT: Total body sculpting exercises with non-stop, continuous muscle and cardio work. Resistance work with weights, steps, bands, bars, gliders, and more! High energy, high fun and be prepared to smile and sweat!

R.I.P.P.E.D: Resistance. Intervals. Power. Plyometrics. Endurance. Diet. The one stop body shock guaranteed to bring body shaping results. Cardio, weights, fun, and done!!!!

◆ **TABATA 20/10:** Is guaranteed to work you out, burn off calories, test your cardio, and push you to your fitness limits!!!! And have fun doing it!!! Weighs, bands and your own body resistance exercise for 20 seconds all out, 10 seconds rest and repeat for a total of 8 times. It is a kicker of a workout!

CARDIOLIFT: This high energy, fast paced class will get you toned and strong, lean and mean (ok, not too mean) and will make you sweat with high intensity moves and weight lifting combinations.

MUSCLE WORK:

AQUA-FIT: A cardio and resistance workout in the pool for the water lovers. This is a weather dependent class.

AB LAB: Rip your abs in 30 min. to start your day or on your lunch break.

BALANCE BALL FITNESS: Work's upper and lower body. Strengthen tones, and conditions core muscles. Teaches breathing and proper alignment.

◆ **gTonnicks Power:** This higher level of gTonnicks includes advanced exercise combinations with the addition of hand weights, resistance bands, gBalance bar and short, but intense low impact cardio.

gTonnicks Classic: This class focuses on core strength and overall body toning and sculpting along with improving posture, balance, and flexibility using the gBalance bar. Learn the fundamental and signature moves of gTonnicks with zero impact. All levels welcome.

BARRE/BANDS & BALLS: Just like it says, a full body workout using the barre, the bands, and the balls! Tone, sculpt, and have fun!

SAVVY SENIOR FITNESS: Light hand weights and resistance bands are used to sculpt and tone. This class is designed to increase endurance, balance, strength, bone density and flexibility. Recommended for 50 and over.



CHILL OUT:

BEGINNING YOGA: A 30-minute class designed to familiarize you with the yoga classes. You will learn body placement, and safety standards to take the yoga classes.

HATHA YOGA: A gentle relaxing yoga practice. Gain flexibility and strength and learn to relax in otherwise stressful situations.

YOGA MIX: A fusion of all methods of yoga practices. All levels welcome.

POWERFLOW YOGA: All levels of ability and experience welcomed. Flowing yoga poses designed for strength, flexibility and balance.

INT. / ADV. YOGA: Intermediate and advance yoga experience recommended for these powerful yoga poses designed with strength, flexibility and balance combinations.

VINYASA FLOW YOGA: Yoga poses linked together with breath and fluidity. Expect to move or flow through the poses to create balance between body and mind.

MAT PILATES FUSION: M.P.F is a flow of basic challenging Pilates exercises. The Class is a non-stop, physically challenging, dynamic mat practice. Working the entire body, core strength, flexibility, and heart, lung conditioning for muscular and postural benefits.

SIMPLY STRETCH/YOGA: Take the 30 min. quickie to stretch and relax and re-power for your day!

SUNDAY BRUNCH YOGA: Relax, renew & rejuvenate the body and mind to start your week. SUNDAY BRUNCH Yoga is a beginning/intermediate class with all levels welcome and wanted.



ROLLERRELEASE&RELAX

Improve flexibility, function, performance and reduce injuries with Myofascial Release techniques on foam rollers. Then relax the mind and body even further with the gentle peaceful flowing movement of Tai Chi. Enjoy it all!

DANCE RHYTHMS:

BODY ROCK: Salsa/Rumba/Cha-cha your way to a better body. Mix in some weights for strength and toning and have fun doing it!

ZUMBA: Dance your way to fitness. Easy to learn, fun dance workout to shape and tone and improve your cardio

ZUMBA TONING: Love Zumba??? You'll really dig this..... Zumba with light hand weights to tone and sculpt the arms shoulders & back. What fun!!!!

DANCE FITNESS: Bring out the Rockette in you and join in this high energy, fun filled dance class. Dance moves combined with fitness elements to tone and sculpt legs, booty, arms, and shoulders. No dance experience required, only positive attitudes allowed.



RIDE ON:

CYCLING: Indoor cycling class will get you sweating. Non-stop workout! Take the beginning cycling first, if new to cycling.

Strive for progress, not perfection