

# FITNESS SCHEDULE

## CALABASAS TENNIS & SWIM CENTER

**RED=NEW/CHANGED INFO. ●=BEGINNER CLASS ◆=ADVANCED CLASS EFFECTIVE AUG. 1, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
gBoxers Workout 7:00am-8:00am "by Big Steve"	Cycling 6:15am-7:15am Kathy F.	◆ Cardio Kickboxing 7:00am-8:00am Derrick C.	Core Strength 7:45am-8:10am Andrea G.	Cycling 6:15am-7:15am Jodi R.	Boxer's Workout 7:30am-8:25am Mr. G	Cycling 8:15am-9:10am Samantha B.
◆ Tabata 20/10 8:15am-9:10am Andrea G.	Core Strength 7:45am-8:10am Linda J.	◆ Tabata 20/10 8:15am-9:10am Helene S.	H.I.T.T. 8:15am-9:10am Andrea G.	Sunrise Yoga 6:30am-7:25am Amy C.	Cycling 8:15am-9:15am Susan P.	
Cycling 9:00am-10:00am Jilli B.	Pilates Sculpt 8:15am-9:10am Alizah J.	Cycling 8:15am-9:15am Andrea G.	Cycling 8:00am-9:00am Tina O.	◆ H.I.I.T ADV. 8:15am-9:15am Derrick C.	Boxer's Workout 8:30am-9:25am Mr. G	
	Cycling 8:15am-9:15am Linda J.		gTonnicks Power 9:15am-10:15am Andrea G. (room #2)	Cycling 8:15am-9:15am Linda J.		
Cardio Sculpt 9:15am-10:15am Linda J.	◆ gTonnicks Power 9:15am-10:15am Mr. G (room #2)	Pump It Up 9:15am-10:15am Helene S.	Body Rock 9:15am-10:10am Gaylene C.	X-Training 9:25am-10:25am Linda J.	Cycling 9:20am-10:20am Alizah J.	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 C.	PowerFlow Yoga 10:15am-11:10am Hilary F.		Zumba 9:35am-10:30am Natasha R.	Dance Sculpt 9:35am-10:30am Deborah C.
Barre Blast 11:10am-12:00pm Julie M.	PowerFlow Yoga 10:15am-11:10am Helene S.	Zumba 11:10am-12:00pm Lisa B.	gTonnicks Classic 10:30am-11:15am Ola	PIYo 10:30am-11:30am Julie M.	Int. Adv. Yoga 10:35am-11:35am Tracy F.	
Cycling 12:00pm-1pm Yifat E.	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 C.	Zumba 12:00pm-1:00pm Betty Y.	Cardio Dance 10:40am-11:40am Lisa L.
Yoga Mix 12:05pm-1pm Amy C.	Balance Ball 11:15am-12pm Helene S.	Core Strength 12:05pm-12:35pm Helene S.	● Hatha Yoga 12:05pm-1pm Amy C.	Cycling 12:00pm-1:00pm Susan P.	Roller/Release/Relax 1:00pm-2:00pm Betty Y.	Sunday Brunch Yoga 11:45am-12:45pm Amy C.
	● Hatha Yoga 12:05pm-1pm Amy C.	● Simply Stretch/Yoga 12:35pm-1:00pm Helene S.				
Mat Pilates Fusion 4:30pm-5:25pm Tina O.		Mat Pilates Fusion 4:30pm-5:25pm Linda J.				
Cycling 5:30pm-6:30pm Jodi R.	Barre Blast 5:30pm-6:25pm Julie M.	◆ Cycling 5:30pm-6:25pm Jodi R.	Body Blast 5:30pm-6:25pm Gaylene C.	Int./Adv. Yoga 5:30pm-6:30pm Tracy F.		
Barre/Bands & Balls 5:30pm-6:25pm Gaylene C.		Zumba 5:30pm-6:25pm Holly M.				
gTonnicks Classic 6:30pm-7:25pm Mr. G	Vinyasa Flow Yoga 6:30pm-7:30pm Tracy F.	Boxing 6:35pm-7:30pm Mr. G	Vinyasa Flow Yoga 6:30pm-7:30pm Amy C.		<b>ATTENTION: NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SHADED AREAS ONLY</b>	
	Cycling 6:30pm-7:30pm Don N.	Cycling 6:35pm-7:30pm Linda W.	Cycling 6:30pm-7:30pm Yifat E.			
● Beg. Yoga 7:30pm-8:15pm Shelby						

## AQUA FIT SCHEDULE

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	Deep Water Aqua Fit 10:10am-11:10am Don N.	Aqua Fit 10:10am-11:10am Olesya	Aqua Zumba 10:10am-11:10am Betty	Aqua Fit 10:10am-11:10am Yifat E.
	Aqua Fit 5:30pm-6:30pm Yifat E.		Aqua Fit 5:30pm-6:30pm Yifat E.			

**CLASS SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE**

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



# FITNESS CLASS DESCRIPTIONS

## ACTION PACKED

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

**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!

**CARDIOLIFT:** This high energy, fast paced class will get you toned and strong, lean and mean, and will make you sweat with high intensity moves and weightlifting combinations.

♦ **CARDIO KICKBOXING:** Advanced, fast paced, high intensity cardio work for the entire body! 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 and high fun. Be prepared to smile and sweat!

♦ **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.

**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.

♦ **TABATA 20/10:** Guaranteed to work you out, burn off calories, test your cardio, and push you to your fitness limits! Weights, 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!

**X-TRAINING:** Intense and controlled interval training with cardio, weights, bars and bands.

## MUSCLE WORK

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

**BALANCE BALL:** Works upper and lower body. Strengthens, tones and conditions core muscles. Teaches breathing and proper alignment.

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

**CORE STRENGTH:** Strengthening your core is a vital ingredient for a stronger body. The moves are challenging but achievable for all fitness levels.

**DEEP WATER AQUA FIT:** This class will work the entire body to improve core strength, endurance, and balance. Float belts provided to first 20 participants.

♦ **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.

**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.

**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 ages 50 and older.

## 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 and relaxing yoga practice. Gain flexibility and strength and learn to relax in otherwise stressful situations.

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

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

**PILATES SCULPT:** A Pilates class that incorporates the mat and hand weights for a low impact but toning workout.

**PIYO:** This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

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

**ROLLER RELEASE & RELAX:** Improve flexibility, function, and 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!

**SIMPLY STRETCH/YOGA:** Take the 30 minutes to stretch, 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.

**TAI CHI YOGA:** A combination of the meditation movements of tai chi and the flowing movements of yoga.

**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.

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

## DANCE RHYTHMS

**BARRE BLAST:** Tone, lift and lengthen your muscles from the core out. Barre work, lightweights, and floor work. All levels welcome.

**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!

**CARDIO DANCE/DANCE SCULPT:** This class combines Latin, hip-hop and jazz dance moves with invigorating cardio that strengthens your arms, tones your legs and tightens your booty. No dance experience needed!

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

**CYCLING:** Indoor cycling class will get you sweating. Non-stop workout!