

# FITNESS SCHEDULE

## CALABASAS TENNIS & SWIM CENTER

**EFFECTIVE MAY 1, 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO SCULPT 8:30-9:20AM JILLIE	CARDIO SCULPT 8:30-9:20AM JULIE W.	PUMP IT UP 8:30-9:20AM HELENE	CARDIO SCULPT 8:30-9:20AM HELENE	CARDIO SCULPT 8:30-9:20AM JILLIE		
CYCLING 8:30-9:25AM YIFAT	CYCLING 8:30-9:25AM KATHY F.	CYCLING 8:30-9:25AM KATHY	CYCLING 8:30-9:25AM SUSAN	CYCLING 8:30-9:25AM YIFAT	CYCLING 8:30-9:25AM SUSAN	CYCLING 8:30-9:25AM JODI
<b>CORE/STRENGTH</b> 9:45AM-10:35AM JILLIE	PILATES SCULPT 10:00-10:50AM LISA L.	<b>CARDIO KICK</b> <b>BOXING</b> 9:45AM-10:35AM JULIE M.	PILATES 10:00-10:50AM JULIE M.	<b>X-TRAINING</b> 9:45AM-10:35AM LINDA		
	YOGA 11:00-11:50AM AMY	CORE STRENGTH/ SIMPLY STRETCH 11:00-11:50AM HELENE	YOGA 11:00-11:50AM AMY	CARDIO SCULPT 11:00-11:50AM JODI	<b>PILATES SCULPT</b> 10:45AM-11:35AM LISA L.	<b>H.I.I.T</b> 10:00AM-10:50AM JODI
<b>X-TRAINING</b> 11:00AM-11:50AM JULIE W.						
CYCLING 12:00-12:55PM SUSAN	CYCLING 12:00-12:55PM SUSAN	CYCLING 12:00-12:55PM YIFAT	CYCLING 12:00-12:55PM JODI	<b>CYCLING</b> 12:00-12:55PM JODI	<b>YOGA</b> 12:00PM-12:50PM SHELBY	YOGA 12:00-12:55PM SHELBY
BARRE/STRETCH 12:00-12:50PM GAYLENE	CARDIO SCULPT 12:00-12:50PM LINDA J.	PILATES 12:00-12:50PM LINDA J.	BARRE SCULPT 12:00-12:50PM JULIE M.			
YOGA 5:30-6:20PM TRACY	TOTAL BODY 5:30-6:20PM JULIE W.	TOTAL BODY 5:30-6:20PM SUSAN	BODY BLAST 5:30-6:20PM GAYLENE	YOGA 5:30-6:20PM TRACY	<b>ATTENTION:</b> NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SHADED AREAS ONLY	
<b>CYCLING</b> 6:00PM-6:55PM JILLIE	CYCLING 5:30-6:25PM DON	CYCLING 5:30-6:25PM JILLIE	CYCLING 5:30-6:25PM JILLIE	CYCLING 5:30-6:25PM SUSAN		

### AQUA FIT SCHEDULE

**ON HOLD UNTIL FURTHER NOTICE**

AQUA FIT 10:00-11:00AM YIFAT		AQUA FIT 10:00-11:00AM OLESYA		AQUA FIT 10:00-11:00AM OLESYA		
AQUA FIT 11:45AM-12:45PM YIFAT	AQUA FIT 11:45AM-12:45PM OLESYA	AQUA FIT 11:45AM-12:45PM OLESYA	AQUA FIT 11:45AM-12:45PM DON	AQUA FIT 11:45AM-12:45PM OLESYA		

### ZOOM SCHEDULE

Yoga 12:00-1:00pm Amy				Yoga 12:00-1:00pm Amy		
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To allow physical distancing of eight (8) feet, outdoor fitness and cycling classes are limited to twelve (12) participants.

**Fitness classes are available on a first come, first served basis and must sign up with the Front Desk.**

Please check-in for class no more than ten (10) minutes prior to class start time. Please bring your own mat for fitness classes – other equipment is still available for classes and sanitized after each use.

**Per LA County's Limited Stay at Home Order, face masks are required at all times and Aqua Fit is on hold until further notice.**

At the conclusion of class, participants need to exit the class area immediately.

Zoom classes are not included in the membership and the fee will apply for the class(es) you are interested in at \$12.00 each.



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



# FITNESS CLASS DESCRIPTIONS

## ACTION PACKED

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

**CARDIO KICKBOXING**: A fun, fast paced, high intensity cardio workout for the entire body. No gloves necessary!

**CARDIO SCULPT**: Total body sculpting exercises with non-stop, continuous muscle and cardio work. Resistance work with weights, bands, 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 and high intensity class.

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

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

## MUSCLE WORK

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

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

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

**TOTAL BODY WORKOUT**: Get your body moving and your heart pumping while sculpting your muscles and working your core. You can do this with or without any weights. All levels welcome!

## CHILL OUT

**PILATES**: 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.

**SIMPLY STRETCH/YOGA**: Take the 30 minutes to stretch, relax, and re-power for your day!

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

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

**FOR PRIVATE TRAINING INFORMATION: PLEASE  
CONTACT MISTER G (818) 914-8873**