

# FITNESS SCHEDULE

## CALABASAS TENNIS & SWIM CENTER

**EFFECTIVE JANUARY 2, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLING 6:15AM-7:05AM SUSAN		CYCLING 6:15AM-7:05AM JILLIE		
CARDIO SCULPT 8:30AM-9:20AM JILLIE	CARDIO SCULPT 8:30AM-9:20AM HELENE	CARDIO SCULPT 8:30AM-9:20AM JULIE W.	CARDIO SCULPT 8:30-9:20AM HELENE		CYCLING 8:15-9:05AM SUSAN	CYCLING 8:15-9:05AM JODI
CYCLING 8:30AM-9:20AM LINDA J.	CYCLING 8:30AM-9:20AM KATHY	CYCLING 8:30AM-9:20AM KATHY	CYCLING 8:30-9:20AM SUSAN	CYCLING 8:30-9:20AM DON	CYCLING 9:30AM-10:20AM SUSAN	
	DANCE FITNESS (STUDIO) 9:15AM-10:05AM MARIA			CARDIO SCULPT 9:00-9:50AM MARIA		
	PILATES 10:00AM-10:50AM LISA	DANCE FITNESS 10:00AM-10:50AM LISA L.	CORE STRETCH 10:00-10:50AM HELENE	PILATES 10:00-10:50AM LINDA J.	DANCE FUSION 10:00-10:50AM DEBORAH C. (STUDIO)	HIIT 9:15-10:05AM JODI
HIIT 11:00AM-11:50AM MARIA	GENTLE FLOW YOGA (STUDIO) 11:00AM-11:50AM AMY	YOGA 11:00-11:50AM AMY	CARDIO SCULPT 11:15AM-12NOON YIFAT		PILATES SCULPT 11:00-11:50AM LISA	
BARRE 12:00PM-12:50PM MARIA	CARDIO SCULPT 12:00PM-12:50PM LINDA J.	PILATES 12:00-12:50PM LINDA J.	GENTLE FLOW YOGA 12:00PM-12:50PM AMY		YOGA LEVEL 1-2 12:00-12:50PM SHELBY	YOGA LEVEL 1-2 12:00-12:50PM SHELBY
CYCLING 12:00PM-12:50PM SUSAN	CYCLING 12:00PM-12:50PM SUSAN				<p><b>NEW CLASS/INFO= RED FONT</b></p> <p><b>*NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SECTIONS</b></p> <p><b>NEW CLASS/INFO= RED FONT</b></p> <p><b>OUTDOOR CLASSES WILL BE MOVED INTO THE STUDIO ON EXTREME WEATHER DAYS (WIND, RAIN, EXTREME HOT OR COLD)</b></p> <p><b>CLASS SCHEDULE IS BASED ON INSTRUCTOR AVAILABILITY AND CURRENT COVID PROTOCOLS</b></p>	
TAI CHI/YOGA FUSION 1:00-1:50PM AMY	YOGA LEVEL 1-2 (STUDIO) 1:00-1:50PM SHELBY		DANCE FITNESS 1:00-1:50PM MARIA	TAI CHI/YOGA FUSION (STUDIO) 1:00-1:50PM AMY		
CARDIO SCULPT 5:15PM-6:05PM JULIE W.	CARDIO SCULPT 5:15PM-6:05PM YIFAT	BODY BLAST 5:15-6:05PM SUSAN		VINYASA FLOW 5:30PM-6:20PM SHELBY		
CYCLING 6:15PM-7:05PM JILLIE	CYCLING 5:30PM-6:20PM DON		BODY BLAST 5:15-6:05PM JILLIE			
RESTORATIVE YOGA 6:30PM-7:20PM SHELBY		CYCLING 6:15-7:05PM JILLIE	CYCLING 6:15-7:05PM JILLIE			

## AQUA FITNESS SCHEDULE

AQUA FIT 8:50AM-9:50AM YIFAT		AQUA FIT 8:50AM-9:50AM OLESYA		AQUA FIT 8:50AM-9:50AM OLESYA		
AQUA FIT 10:10AM-11:10AM YIFAT		AQUA FIT 10:10AM-11:10AM OLESYA	AQUA FIT 10:10AM-11:10AM YIFAT	AQUA FIT 10:10AM-11:10AM OLESYA		

\*ALL MEMBERS MUST USE THE EME PORTAL TO REGISTER FOR ALL GROUP FITNESS CLASSES.

\*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

**INDOOR/STUDIO CLASS CAPACITY 14**

**OUTDOOR CLASS CAPACITY 14**

**CYCLING CLASS CAPACITY 12**

**AQUA FIT CAPACITY 30**

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

**CITYOFCALABASAS.COM/COMMUNITYSERVICES**



# FITNESS CLASS DESCRIPTIONS

## ACTION PACKED

**BODY BLAST:** Total body conditioning with aerobics, weights, and bands 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:** Get ready to kick it up a notch with this exhilarating and high intensity class.

**DANCE FITNESS:** Latin to Hip Hop and a whole body workout! Improve your coordination, tone your core, arms and legs. A great way to get our steps in for the day!

## MUSCLE WORK

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

**BARRE:** Tone, lift and lengthen your muscles from the core out. Barre work, lightweights, and floor work. 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 Pilate's class that incorporates the mat and hand weights for a low impact but toning workout.

**CORE/ STRETCH** -30 minutes of core exercise session that strengthens the muscles of the torso, especially the lower back and abdominal area. Followed by 20 minutes of stretch, relax, and re-power your day.

**VINYASA FLOW:** Linking breath with sequences of Sun Salutations and other postures. Creating a sweaty yoga experience.

**RESTORATIVE YOGA:** This class focuses on rejuvenating and alignment yoga. You will lengthen, straighten and challenge yourself. You will be educated and elevated. Every class is unique. All level are welcome.

**YOGA LEVEL 1-2:** This class is a combo of power, alignment, core, balance and concentration. All Levels are welcome

**GENTLE FLOW:** Reconnect to the joy of movement and relearn how to relax in a busy stressful world. You will use breath and posture to cultivate mindfulness, balance, harmony and confidence.

## CARDIO:

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

**ZUMBA:** This an amazing aerobic fitness program featuring movements inspired by various styles of Latin American dance. Come dance, smile and enjoy your time.

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