

FITNESS SCHEDULE

CALABASAS TENNIS & SWIM CENTER

EFFECTIVE OCTOBER, 1 2021

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 SAM	CARDIO SCULPT 8:30AM-9:20AM JULIE W.	CARDIO SCULPT 8:30AM-9:20AM HELENE	CARDIO SCULPT 8:30-9:20AM HELENE	CARDIO SCULPT 8:30-9:20AM SAM	CYCLING 8:15-9:05AM SUSAN	CYCLING 8:30-9:20AM 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	
	BODY ROCK (STUDIO) 9:15AM-10:05AM GAYLENE					
	PILATES 10:00AM-10:50AM LISA	DANCE FITNESS 10:00AM-10:50AM LISA L.	CORE STRETCH 10:00-10:50AM YIFAT	PILATES 10:00-10:50AM LINDA J.	DANCE FUSION 10:00-10:50AM DEBORAH C.	HIIT 10:00-10:50AM JODI
HIIT 11:00AM-11:50AM JULIE W.	GENTLE FLOW YOGA (STUDIO) 11:00AM-11:50AM AMY	CORE/STRETCH 11:00-11:50AM HELENE	CARDIO SCULPT 11:00AM-11:50AM YIFAT	CARDIO SCULPT 11:00-11:50AM JODI	PILATES SCULPT 11:00-11:50AM LISA	BARRE 11:00AM-11:50AM SHELBY
BARRE 12:00PM-12:50PM GAYLENE	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					
TAI CHI/YOGA FUSION 1:00-1:50PM AMY	YOGA LEVEL 1-2 1:00-1:50PM SHELBY		ZUMBA 1:00-1:50PM OLESYA	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 (9/24)	ATTENTION: NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SHADED AREAS ONLY NEW CLASS/INFO=RED FONT CITY REGISTERED CLASS=GREEN FONT	
CYCLING 6:15PM-7:05PM JILLIE	CYCLING 5:30PM-6:20PM DON		BODY BLAST 5:15-6:05PM GAYLENE			
RESTORATIVE YOGA 6:30PM-7:20PM SHELBY	VINYASA FLOW 6:30PM-7:20PM AMY	CYCLING 6:15-7:05PM JILLIE	CYCLING 6:15-7:05PM JILLIE			

AQUA FIT 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 OLESYA	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 12

OUTDOOR CLASS CAPACITY 14

CYCLING CLASS CAPACITY 12

AQUA FIT CAPACITY 30



CLASS SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE



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 FUSION: A fun, high energy dance fitness class. You will tone your body, feel like a dancer and get a great workout to all genres of music.

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.

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 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.

SUNDAY MORNING SLOW FLOW: Linking breath with sequences of Sun Salutations and other postures. (slower pace than Tues and Fri class)

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.

RESTORATIVE PILATES: restoring balance back to your body, Front/Back Left/Right. It will improve balance and flexibility. All levels 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.

BODY ROCK: High energy, fast paced choreographed cardio dance class, followed by floor work and stretching. New music and choreography each weeks.

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