



FITNESS SCHEDULE

Calabasas Tennis & Swim Center
23400 Park Sorrento, Calabasas CA 91302

May 3, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Indoor Cycling 6:15-7:15am Kathy F.			Indoor Cycling 6:30-7:15am Kathy F.		
Step & Pump 8:15-9:15am Susan P.	Power Sculpt 8:15-9:05am Deborah H.	Step & Pump 8:15-9:15am Susan P.	Power Sculpt 8:15-9:05am Deborah H.	Indoor Cycling 8:15-9:15am Linda J.	Indoor Cycling 8:15-9:15am Susan P.	
Cycling 8:15-9:15am Kathy F.		Cycling 8:15-9:15am Andrea C.				
	Cycling 8:45-9:45am Linda J.		Cycling 8:45-9:45am Ellen S.	Total Body Fit 8:15-9:15am Ellen S.		Cycling 8:15-9:10am Linda W.
Mix it up 9:15-10:15am Ellen S.	Move It 9:10-10am Gaylene C.	Mix it up 9:15-10:15am Ellen S.	Move It 9:10-10am Gaylene C.		Cycle 9:15-10:15am Linda W.	Cycling 9:20-10:15am Linda W.
				X-Training 9:25-10:25am Linda J.	Zumba 9:30-10:30am Natasha (Starts 5/15)	Balance Ball 9:30-10:30am Alees
	Adv. Power Yoga 10:05-11:05am Ellen S.		Adv. Power Yoga 10:05-11:05am Ellen S.	Yoga-Mix 10:30-11:30am Amy	Int./Adv. Yoga 10:30-11:30am Suzie T.	Zumba 10:35-11:35am Natasha
Fit to be Toned 10:30-11:30am Christine F.	Balance Ball 11:15-12pm Ellen S.	Fit to be Toned 10:30-11:15am Susan P.	Balance Ball 11:15-12pm Ellen S.			Sunday Brunch Yoga 11:45-12:45pm (Starts 5/9) Susie T.
Cycle Sculpt 12-1pm Susan P.	Outdoor Body Blast 12-1pm Susan P. (Starts 4/13)	Cycle Sculpt 12-1pm Susan P.	Outdoor Body Blast 12-1pm Don N. (Starts 4/15)	Cycling 12-1pm Andrea C.		
Yoga-Mix 12-1pm Amy H.	Hatha Yoga 12:05-1pm Amy H.	Ab-Lab 12-12:30pm Deborah H.	Hatha Yoga 12:05-1pm Amy H.			
		Simply Stretch/Yoga 12:30-1pm Deborah H.				
Pilates 4:30-5:30pm Ellen S.		Pilates 4:30-5:30pm Ellen S.				
Indoor Cycling 5:15pm-6:15pm John J.		Indoor Cycling 5:15pm-6:15pm John J.				
High/Low 5:30-6:25pm Gaylene C.	Body Blast 5:30-6:30pm Elham	Zumba 5:30-6:30pm Natasha	Body Blast 5:30-6:30pm Gaylene	Int./Adv. Yoga 5:30-6:30pm Susie T.		
Pilates & More 6:35-7:35pm Alees	Vinyasa Flow Yoga 6:30-7:30pm Amy H.	Pilates & More 6:35-7:35pm Alees	Vinyasa Flow Yoga 6:30-7:30pm Amy H.			
Beg. Cycle 7-7:30pm Jaro	Cycling 7-8pm Natasha	Beg. Cycle 7:00-7:30pm Jaro	Cycling 7-8pm Jaro			
Beg. Yoga 7:30-8pm Jaro		Beg. Yoga 7:30-8:00pm Jaro				



RED = NEW INFORMATION

AQUA FIT

8:50-9:50am Olysia		8:50-9:50am Olysia		8:50-9:50am Olysia	8:50-9:50am Lori R.	
10:10-11:10am Deborah H.	10:10-11:10am Christine F.	10:10-11:10am Deborah H.	10:10-11:10am Don N.	10:10-11:10am Olysia	10:10-11:10am Lori R.	10:10-11:10am Katie W.
	5:30-6:30pm Lori R.		5:30-6:30pm Lori R.			

FITNESS CLASS DESCRIPTIONS

VISIT WWW.CALABASASTSC.COM



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STRENGTH/SCULPTING CLASSES:

POWER SCULPT CALL DEBORAH HEUMANN 818-222-2782 EXT. 209 (step, etc.) resistance.



X-TRAINING: Slow and intense interval training with weights. Also cardiovascular.

MIX IT UP: A little of everything.

BODY BLAST: Total body conditioning with aerobics, weight, balance ball, exercubes, and/or step to strengthen, condition, align and tone.

STEP N PUMP: A little step with a lot of sculpting.

HIGH/LOW: Aerobic dance class using Hi-impact and low impact moves to get your heart soaring.

TOTALBODYFIT: Cardiovascular aerobic training, kickboxing, plyometrics, dance, resistance training for long lean arms and tight abs and bottoms.

FIT TO BE TONED: New and improved full body workout for all levels. Move, sculpt and tone with bands, weights and friends..

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

OUTDOOR BODY BLAST: Simple, fast & fun way to burn off calories. Prepare for intervals with plyometrics, athletic drills, steps, jump ropes, bands, weights and more! Circuit training at its best! Give the outer gym experience a try. Class meets on Tennis Patio Cabana. All levels welcome!

YOGA/PILATES/MAT CLASSES:



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.

ADVANCED POWER YOGA: Powerful yoga poses designed with strength, flexibility and balance combinations. Experienced yoga levels recommended.

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.

PILATES: A mat class based on the Joseph Pilates (1930's) method for balancing, repairing and strengthening the body for athletes and the general population.

AB LAB 30: Rip your abs in 30 min. on your lunch break.

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. Set aside your busy agenda for some "ME" time. Sunrise Yoga is a beginning/intermediate class with all levels welcome and wanted.

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

INDOOR CYCLING CLASSES:



BEGINNING INDOOR CYCLE: A non-impact 30-minute class designed to familiarize you with spin/cycle workouts. You will learn body placement, cycling, workout progression, training intensity and safety standards while building strength and stamina.

CYCLING: Indoor cycling class with warm-up and a stretch. Like a spin class. More advanced. Take the beginning cycle class first.

CYCLE/SCULPT: Not just a cycling class. You use the spin bike as a tool to sculpt your legs as well as weights and core training.

RHYTHM & DANCE CLASSES:



MOVE-IT: Salsa/Rumba/ChaCha 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.



FOR PRIVATE OR FEE BASED GROUP TRAINING:
PLEASE CONTACT COOL FITNESS
(805) 402-6819

