

# FITNESS SCHEDULE

## CALABASAS TENNIS & SWIM CENTER

**EFFECTIVE NOVEMBER 1, 2020**

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
	Pilates Sculpt 10:00-10:50am Lisa L.		Pilates 10:00-10:50am Julie M.			
Body Blast 11:00-11:50am Jillie	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		
Cycling 12:00-12:55pm Susan	Cycling 12:00-12:55pm Susan	Cycling 12:00-12:55pm Yifat	Cycling 12:00-12:55pm Jodi	Cycling 12:00-12:55pm Jillie	Pilates Sculpt 12:00-12:55pm Lisa L.	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: NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SHADED AREAS ONLY</b>	
Cycling 5:30-6:25pm 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

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		Cardio Sculpt 12:00-1:00pm Jillie		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.

**Aqua Fit sign-ups will begin 30 minutes prior to class time on a first come, first served basis.**

At the conclusion of class, participants need to exit the class area immediately. Use of showers is restricted to a maximum of 5 minutes.

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**

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



# FITNESS CLASS DESCRIPTIONS

## ACTION PACKED

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

**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!

**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.

## 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!