

FITNESS SCHEDULE

CALABASAS TENNIS & SWIM CENTER

EFFECTIVE SEPTEMBER 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
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		
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	ATTENTION: NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SHADED AREAS ONLY	
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

Effective September 2, 2020

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	Total Body 12:00-1:00pm Helene	Yoga 12:00-1:00pm Amy	Pilates 12:00-1:00pm Lisa L.	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.

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!