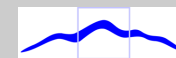




Fitness Center Group Exercise Schedule for 2018



Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00AM	Cycle 45 (Lisa)		Cycle 45 (Lisa)		Cycle 45 (Jeff)		
8:05						Cycle 60	
8:10	Cardio & Sculpt (Doriana)		Cardio & Sculpt (Doriana)		Cardio & Sculpt (Doriana)		
9:00		Aqua (Sue)	Aqua (Marni)	Aqua (Marina)	Aqua		
9:05		Cycle 45 (Marina)		Cycle 45			
9:15			Mat Pilates (Doriana)		Mat Pilates (Marina)		
9:20	Sport Stretch (Darren)						
9:30						Cardio Core (Michelle)	YOGA (Alison B.)
10:10	T.B.C. (Whitney)						
10:15		Cardio/Core/Muscle (Marina)	Cycle Combo (Marni)	Cardio/Core/Muscle (Marina)	20/20/20 (Alison P.)		
10:30							
11:15	YOGA		YOGA		YOGA (Rejane)		
3:00PM	YOGA (Kelly)						
5:00PM		Power Core (Rob)		Power Core (Rob)			
5:15PM	Cycle 45 (Marina)		Cycle 45 (Darren)				
6:00PM		YOGA (Katharyn)		YOGA (Alison B.)			1/1/2018

You may make reservations for any class, 2 days prior. Call the Fitness Center at 805-544-9880

Fitness Center Hours

Monday-Thursday 5 AM - 9 PM Friday 5AM - 7PM Saturday 7 AM - 6 PM Sunday 8 AM - 5PM

Aqua Aerobics	A fun filled class in the pool for cardio and strength conditioning. All levels welcome!
Cardio/Core/Muscle sign up required	This 60 minute class builds strength and improves muscle endurance with light weight training and finishes with an incredible ab and core routine.
Cycle sign up required	Get your heart rate up and keep it there while riding a stationary bike. This 45 or 60 minute class is where fat burning and cardio fitness is the focus.
20/20/20 sign up required	This class will feature a 20 minute Cardio portion, 20 minute Strength portion and end with 20 minute Flexibility and Balance portion. It is meant to be a complete and challenging workout done in one hour. As a class it will combine the total body workouts with the flexibility and balance training of Pilates.
Mat Pilates sign up required	Learn to strengthen your core through exercise and breathing techniques. This class that develops long lean muscles and core strength.
Power Core sign up required	A class that focuses on improving strength, cardio endurance and core awareness using weights, bands and circuit training techniques that would benefit any athlete or someone looking to improve overall fitness.
Cardio & Sculpt sign up required	Weights, bands and body position stress and strengthen your body to a lean strong physique while burning fat.
Sport Stretch sign up required	A class that targets the areas that are tight due to the sports we love to do. In 40 minutes we lengthen muscles and improve flexibility. This class is perfect for golfers, tennis players and cyclists or those who notice that decline in flexibility.
Yoga sign up required	A class to slow down, stretch, breath and gain strength through the postures developed in the East.
Cardio Core sign up required	This class gets the heart rate up and works that problem area around the mid section. The goal is heart conditioning, tone and strength of the abdomen muscles.
Total Body Circuit sign up required	The T.B.C. workout will challenge both cardio and strength for a total body experience. Practice drills for strength, power, endurance and cardio using cycling, step and low impact aerobics. Have fun while circuit training to a fit body.
Cycle Combo Sign up required	This class pairs up the best cardio workout, (cycle), with upper & lower body strength conditioning.