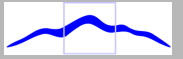




Fitness Center Group Exercise Schedule for 2019



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		Cycle 45		
8:05						Cycle 60	
8:10	Cardio & Sculpt (Doriana)		Cardio & Sculpt (Doriana)		Cardio & Sculpt (Doriana)		
9:00		Aqua (Sue)	Aqua (Marni)	Aqua (Marina)	Aqua (Marina)		
9:05		Cycle 45 (Marina)		Cycle 45			
9:15			Mat Pilates (Doriana)		TRX (Darren)		
9:20	Sport Stretch (Darren)						
9:30						Cardio Core (Michelle)	YOGA
10:15	T.B.C. (Marina)	Cardio/Core/Muscle (Marina)	Cycle Combo (Marni)	Cardio/Core/Muscle (Marina)	Cycle Combo (Marina)		
10:30							
11:15	YOGA	YOGA	YOGA	YOGA	YOGA		
3:00PM							
5:00PM		Power Core (Rob)		Power Core (Rob)			
5:15PM	Cycle 45 (Marina)		Cycle 45 (Darren)				
6:15PM		YOGA					3/1/2019

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	This 60 minute class builds strength and improves muscle endurance with light weight training and finishes with an incredible ab and core routine.
Cycle	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	This class will feature a 20 minute Cardio portion, 20 minute Strength portion and end with 20 minute Flexibility, Pilates and Balance portion. It is meant to be a complete and challenging workout done in one hour.
Mat Pilates	Learn to strengthen your core through exercise and breathing techniques. This class that develops long lean muscles and core strength.
Power Core	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	Weights, bands and body position stress and strengthen your body to a lean strong physique while burning fat.
Sport Stretch	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.
Yoga	A class to slow down, stretch, breath and gain strength through the postures developed in the East.
Cardio Core	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	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	This class pairs up the best cardio workout, (cycle), with upper & lower body strength conditioning.
TRX	This class is the total body core workout. We just use your body weight and the TRX straps. In 45 minutes we hit every body part while your core is strengthen with each movement.