



CALABASAS TENNIS & SWIM CENTER FITNESS SCHEDULE

EFFECTIVE 11/1-11/30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CYCLING 6:15AM-7:05AM JODI	CYCLING 6:15AM-7:05AM SUSAN	CYCLING 6:15AM-7:05AM JODI	CYCLING 6:15AM-7:05AM SUSAN		
CARDIO SCULPT 8:30AM-9:20AM DEBORAH	CARDIO SCULPT 8:30AM-9:20AM HELENE	CARDIO SCULPT 8:30AM-9:20AM JODI	CARDIO SCULPT 8:30-9:20AM HELENE	CARDIO SCULPT 8:30AM-9:20AM LISA	CYCLING 8:15-9:05AM SUSAN	CYCLING 8:15-9:05AM JODI
CYCLING 8:30AM-9:20AM LINDA J.	CYCLING 8:30AM-9:20AM KATHY	CYCLING 8:30AM-9:20AM KATHY	CYCLING 8:30-9:20AM SUSAN	CYCLING 8:30-9:20AM JODI	BODY BLAST 9:15AM-10:00AM SUSAN	HIIT 9:15-10:05AM JODI
AQUA FIT 8:50AM-9:50AM OLEYSA		AQUA FIT 8:50AM-9:50AM OLEYSA		AQUA FIT 8:50AM-9:50AM OLEYSA	CYCLING 9:30AM-10:20AM LINDA W.	RHYTHM CYCLE 9:15-11:05AM CESSI
YOGA 10:00AM-10:50AM LARA ROOM #2	RHYTHM CYCLE 10:00AM-10:50AM HELENE	YOGA 10:00AM-10:50AM AMY ROOM #2	CORE STRETCH 10:00-10:50AM HELENE	PILATES 10:00-10:50AM LAURA	AQUA FIT 9:50AM-10:50AM LISA	POWER YOGA 10:15-11:05AM LARA
SWEAT IT OUT 10:00AM-10:50AM LAURA	PILATES SCULPT 10:00AM-10:50AM LISA	DANCE FUSION 10:00AM-10:50AM LISA	MOVE TO THE GROOVE 10:00AM-10:50AM MARY ELLEN ROOM #2			
AQUA FIT 10:10AM-11:10AM OLEYSA		AQUA FIT 10:10AM-11:10AM OLEYSA		AQUA FIT 10:10AM-11:10AM OLEYSA	CARDIO DANCE 10:05-10:55AM DEBORAH	
BARRE 11:00AM-11:50AM LINDA J.	ABS & ASSETS 11:00AM-11:50AM LAURA	PILATES SCULPT 11:00-11:50AM LAURA	QIGONG /YIN YOGA 11:00AM-11:50AM AMY	SHRED & BURN 11:00AM-11:50AM LAURA	PILATES SCULPT 11:00-11:50AM LISA	
YOGA 11:00AM-11:50AM LARA ROOM #2	STABILITY, STRETCH & CORE 11:00AM-11:50AM MARY ELLEN ROOM #2	YOGA 11:00AM-11:50AM AMY ROOM #2	CYCLING 11:00-11:50AM LAURA			UNILATERAL FUNCTIONAL TRAINING 11:15AM- 12:05PM CAMELIA
GENTLE FLOW YOGA 12:00PM-12:50PM AMY	MAT PILATES 12:00PM-12:50PM LINDA J.	BARRE 12:00-12:50PM LINDA J.	STABILITY, STRETCH & CORE 11:00AM-11:50AM MARY ELLEN ROOM #2	GENTLE FLOW YOGA 12:00PM-12:50PM AMY	YOGALITIES 12:00-12:50PM SAMANTHA	REST YOUR SOUL SOUND BATH 12:15PM- 1:05PM HEATER 11/10
	MOVE TO THE GROOVE 12:00PM-12:50PM MARY ELLEN ROOM #2		GENTLE FLOW YOGA 12:00PM-12:50PM AMY	TAI CHI/YOGA FUSION 1:00-1:50PM AMY	UNILATERAL FUNCTIONAL TRAINING 1:00-1:50PM CAMELIA	
CYCLING 12:00PM-12:50PM SUSAN	CYCLING 12:00PM-12:50PM SUSAN	CYCLING 12:00PM-12:50PM LAURA				
TAI CHI/YOGA FUSION 1:00-1:50PM AMY	YOGA 1:00-1:50PM LARA		PILATES SCULPT 1:00PM-1:50PM PAM			
ZUMBA 4:30PM-5:20PM MICHELE	STRENGTH & CONDITIONING 4:15PM-5:05PM MARY ELLEN	ZUMBA 4:30PM-5:20PM MICHELE		ZUMBA 4:15PM-5:05PM MARY ELLEN		
CYCLING 4:30PM-5:20PM JODI			CYCLING 4:30PM-5:20PM BALVINDER			
CARDIO SCULPT 5:30PM-6:20PM BALVINDER	CYCLING 5:15PM-6:05PM DON	BODY BLAST 5:30-6:20PM SUSAN	YOGA SCULPT 5:30PM-6:20PM BALVINDER	CORE STRETCH 5:15PM-6:05PM MARY ELLEN		
CYCLING 5:30PM-6:20PM LINDA W.	CORE STRETCH 5:15-6:05PM MARY ELLEN	CYCLING 5:30PM-6:20PM LINDA W.				
AQUA FIT 5:30PM-6:30PM MICHELE		AQUA FIT 5:30PM-6:30PM MICHELE				
YOGA 6:30PM-7:20PM LARA			RHYTHM CYCLE 6:00PM-6:50PM CESSI	HARMONY WITHIN 6:15PM-7:05PM HEATHER (11/8)		

***NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SECTIONS AS PART OF THEIR PAID MEMBERSHIP**

***ALL PARTICIPANTS MUST BE REGISTERED AND ON CLASS ROSTER TO PARTICIPATE IN FITNESS CLASSES.**

***NON-REGISTERED PARTICIPANTS WHO ARE NOT ON THE CLASS ROSTER MUST EXIT THE ROOM IF THE CLASS IS AT CAPACITY.**

***FULL CLASSES WILL NOT START UNTIL NON-REGISTERED PARTICIPANTS HAVE EXITED THE ROOM.**

***FAILURE TO COMPLY WILL RESULT IN MEMBERSHIP SUSPENSION AND/OR TERMINATION.**

FITNESS CLASS INFORMATION:

CLASS SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE

*ALL MEMBERS MUST USE THE EME PORTAL TO REGISTER FOR ALL GROUP FITNESS CLASSES.

*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

INDOOR/STUDIO CLASS CAPACITY 22

CYCLING CLASS CAPACITY 18

FITNESS CLASS DESCRIPTIONS:

ACTION PACKED

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

CARDIO SCULPT: Total body sculpting exercises with non-stop muscle and cardio work. Resistance work with weights, bands, and more! High energy and high fun. Be prepared to smile and sweat!

DANCE FUSION: Latin to Hip Hop and a whole-body workout! Improve your coordination, tone your core, arms and legs. A great way to get our steps in for the day!

H.I.I.T.: HIGH INTENSITY INTERVAL TRAINING. Short periods of intense or explosive exercises with brief recovery. All fitness levels are welcome to join as each exercise can be modified for everyone.

ZUMBA: Come dance and enjoy yourself with this popular dance class that features Latin and International music. It is dynamic calorie-burning workout for everyone.

MUSCLE WORK

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

BARRE: Tone, lift and lengthen your muscles from the core out. Barre work, light weights, and floor work. All levels welcome.

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 Pilate's class that incorporates the mat and hand weights for a low impact but toning workout.

ABS & ASSETS: A class that works the entire body. Main focus abs, legs, and glutes. Toning and sculpting these larger muscle groups.

STRENGTH AND CONDITIONING: A Tabata style class that is a full body workout with weights, gliders, bands and more. All levels welcome
STABILITY, STRETCH AND CORE: Come move your body to fun music, strengthen your core muscles and enjoy a soothing stretch with "Land Aqua"! BYOM (Bring Your Own Mat) All levels welcome.

Unilateral Functional Training: Challenge and strengthen your stability from head to toe. Use single leg and single arm exercises to improve your balance and range of motion, all while building functional strength that translate to everyday activities

CHILL OUT

CORE/ STRETCH: -30 minutes of core exercise session that strengthens the muscles of the torso, especially the lower back and abdominal area. Followed by 20 minutes of stretch, relax, and re-power your day.

GENTLE FLOW YOGA: Reconnect to the joy of movement and relearn how to relax in a busy stressful world. You will use breath and posture to cultivate mindfulness, balance, harmony and confidence.

POWER YOGA: Improve strength, flexibility, and balance through a fast-paced sequence of poses and breath work for full body conditioning.

QIGONG /YIN YOGA: Rooted in Chinese medicine, Qigong harmonizes flowing movement, breath, and meditation to energize the body. Yin Yoga uses static stretches to deepen your practice and create a sense of calm and wellbeing. All levels welcome.

TAI CHI YOGA FUSION: This class will begin with deep yoga stretches, followed by the slow, flowing movements of Tai Chi to reduce stress, increase mental focus and cultivate inner power and serenity. All levels welcome. You will learn the basic movements of Tai Chi along with the 24 and 48 forms. Come and learn this ancient art with Amy Calvert 200 E-RYT, who studied Chi Gong with Sifu Mathew Cohen and Tai Chi with Master Jesse Tsao, 12th generation of the Chen family tai chi lineage.

YOGA: This class is a combo of power, alignment, core, balance and concentration. All levels are welcome.

YOGA SCULPT: Improve your mind and body by flowing through yoga sequences with light weights. All levels are welcome.

YOGALATES: is a form of fitness that combines exercises from Pilates with Hatha yoga postures and movements. Workout increases core strength and improves posture while increasing flexibility and reducing stiffness. The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and assist in good posture.

HARMONY WITHIN: This class combines breath work to energize the body, meditation to calm the mind, and a sound bath to promote deep relaxation and healing through soothing sonic vibrations.

REST YOUR SOUL-SOUND BATH: A class using soothing sounds from instruments like Crystal bowls and Gongs to guide participants into a deep state of relaxation and meditative healing.

CARDIO

CARDIO DANCE: is a class to build endurance and tone the body through dance moves and different genres of music.

CYCLING: Indoor cycling class will get you sweating. Non-stop workout!

MOVE TO THE GROOVE: Boogie down to the best R&B dance music of the 1970s/80s/90s! Low-impact, easy, fun moves that will lift your spirits as well as your heart rate. All levels of dance and fitness welcome.

RHYTHM CYCLE: Indoor cycling to the rhythm of the music using high energy beats to keep you entertained and sweating through the ride. All levels are welcomed.

SWEAT IT OUT: The ultimate fun aerobic workout. A full body fat burning 50-minute workout.

SHRED & BURN: 20 minutes of fun aerobics followed by 30 minutes of dynamic toning, strength and endurance training.

FOR PRIVATE TRAINING INFORMATION PLEASE CONTACT MISTER G (818) 577-0661