

Class Descriptions

- **ABS & MORE:** 30 minute core workout that targets your core, butt, shoulders and thighs.
- **ADULT FITNESS:** An introduction to low-impact and toning exercises- a great way to get started with a workout program.
- ◆ **ADVANCED GROUP TRAINING:** Not for the faint of heart. High-intensity weightlifting intervals to increase strength and endurance. This class is taught by personal trainers and is limited to 12 people.
- **BALLET:** Classical Ballet for adults, barre and center work.
- **BARRE ASSETS:** Combines barre, bands and light weights to target glutes, legs and core. Performed mainly at the ballet bar in continuous movements.
- **BODY CONDITIONING:** Full body workout using hand-held weights, body bars and your own bodyweight for resistance training.
- **BODY PUMP™:** Choreographed workout using Body bars.
- ◆ **BOOT CAMP:** A combination of sprints, plyometric drills and strength training. It's a full body workout, using jump ropes, bands, weights and body bars.
- **CARDIO PILATES CORE:** Burn calories and fat while shaping and conditioning muscles using light weights. Pilates mat work also included.
- **CARDIO SCULPT:** Low impact, high intensity choreography, using weights, body bars and bands for a full body workout.
- **CORE STRETCH:** A combination of Pilates, yoga, core strength and dance. This class is designed to make you feel longer and stronger, while increasing flexibility.
- **CORRECTIVE EXERCISE:** Address physical limitation, move with ease, and be stronger. Each class focuses on one main motion or skill and employs self-massage, mobility, stability and coordination exercises.
- **DANCE FUSION:** A lively dance class that combines jazz, latin and Zumba®. A fun cardio workout!
- **EXTREME LEGS:** A patented strength and conditioning class targeting legs, glutes and abs.
- ◆ **FLOW YOGA:** A combination of movement and static poses.
- **FUNCTIONAL FITNESS:** Pilates-based class incorporating body conditioning moves using hand weights to target the core.
- ◆ **H.I.I.T: HIGH INTENSITY INTERVAL TRAINING:** A high-energy, interval-based workout to get your heart pumping using weights and bands to work your whole body.
- ◆ **HOT YOGA:** A dynamic combination of flow yoga performed in a heated room between 85–90 degrees.

Class Descriptions (continued)

- ◆ **INTERVAL TRAINING:** An introductory version of our HIIT classes, uses cardio intervals followed by strength training for a full body workout.
- **LATIN BARRE DANCE:** Incorporates Latin dance, ballet and Pilates, and light weights to target the legs and arms.
- **MEDITATION:** Breathe in, breathe out, keep your body still. Meditation lowers stress and anxiety, and improves memory and creativity. Non-religious based.
- **MUSCLE & KICK:** A cardiovascular workout using the basic techniques of kickboxing to develop overall endurance and conditioning using weights to contour the body.
- **PILATES MAT:** Floor exercises that strengthen your body's core muscles. Pilates exercises develops strength, flexibility and endurance.
- **POWER BARRE:** Combines barre, bands and light weights to lift, tone and improve posture. Targets arms, core, glutes and inner thighs in continuous movements.
- **PURE MUSCLE:** A total body workout using a variety of equipment, weights, bands, balls and body bars.
- ◆ **R.I.P.P.E.D™:** A beginner-friendly, yet intense 60 minute sports conditioning session set to music with LOTS OF CARDIO! Includes plyometrics, weight training and cardiovascular training components.
- **SPINNING®:** Indoor cycling program using every aspect of the Schwinn high-performance racing bicycles.
- ◆ **STRUCTURE SPINNING®:** Our advanced Spinning class. This workout is designed to enhance your cycling through a charted and timed workout.
- **SPIN® AND SCULPT:** A combination of resistance and cardio, alternating between the bike and strength training.
- **STRETCH:** A combination of dynamic and static stretching techniques to improve joint ranges of motion and muscle elasticity.
- **STRETCH AND BACKCARE:** A combination of dynamic and static stretching to help strengthen the low-back and enhance flexibility.
- **TOTAL BODY WAKE-UP:** Light on choreography, heavy on low impact "power moves" in a nonstop energetic workout. This class also uses hand weights and body bars to sculpt the body.
- ◆ **TOUGH LOVE:** An advanced interval and circuit training class.
- **YOGA:** Develop strength, flexibility and balance through held positions and poses. Levels of Yoga: **Yoga I** - beginner, **Yoga II** - intermediate and **Yoga III** - advanced.
- **ZUMBA®:** A fusion of Latin and International dance that creates dynamic, exciting and effective fitness! The routines feature a combination of fast and slow rhythms that tone and sculpt the body.



Group Fitness Schedule January 2017

Club Hours	
Mon - Wed	5am-10pm
Thur - Fri	5am-9pm
Sat	6am-6pm
Sun	7am-6pm

For questions contact:

Penny Curtiss, *Group X Manager*
penny.curtiss@lajollasportsclub.com

- Beginner
- Intermediate
- ◆ Advanced

Class Schedule

MONDAY

6:00-7:00am - Total Body Wake Up
MindBody, Jo

6:30-7:30am Cycling
Studio 1, Tony

7:00-8:00am - Stretch
MindBody, Jonelle

8:00-9:00am - Pilates Mat
MindBodyJonelle

8:15-9:15 Body Pump
Studio 1, Mare

9:00-10:00am - Stretch
MindBody Connie

9:30-10:30am – Boot Camp
Studio 1, Alberto

10:00-11:00am - Adult Fitness
MindBody Connie

10:30-11:30am - Body Conditioning
Studio 1, Penny

11:00am-12pm – Yoga I,II
MindBody, Mike D

12:00-1:00pm - Cycling
Studio 1, Teri

12:15-1:15pm - Advanced Pilates
MindBody, Cassy

4:00-5:00pm - Meditation
MindBody, Bram

4:15-5:15pm - Body Conditioning
Studio 1, Shanna

6:00-7:00pm - Structured Cycling
Studio 1, Raul

5:30-6:45pm - Yoga II, III
MindBody, Jennifer

6:30-7:30 - Adv Group Training
Workout Floor, Maxx

TUESDAY

6:00-7:00am - Cycling
Studio 1, Michelle

7:00-8:00am - Flow Yoga II, III
MindBody, Jennifer

8:15-9:15am - Boot Camp
Studio 1, Rachel

8:15-9:00am - Stretch and Back Care
MindBody, Connie

9:00-10:00am - Adult Fitness
MindBody, Connie

9:30-10:30am - Body Conditioning
Studio 1, Penny

10:00-11:00am - Yoga I
MindBody, Peter

11:00am-12:30pm - Ballet
MindBody, Peter K

11:00am-12pm - Cycling
Studio 1 Tony

12:30-1:30am - Boot Camp
Studio 1, Mare

4:00-4:45pm - Pilates Mat
MindBody, Shannon

4:15-5:15pm - Spin® and Sculpt
Studio 1, Shanna

4:45-5:30pm - Corrective Exercise
MindBody, Carl

5:30-6:30pm – Body Pump™
Studio 1, Mare

5:30-6:30pm - Yoga I, II, III
MindBody, Mary

6:30-7:30pm - Zumba®
Studio 1, Shannon

WEDNESDAY

6:00-7:00am - Cardio Sculpt
MindBody, Connie

6:00-7:00am - Adv Grp Training
Studio 1, Tricia

7:00-8:00am - Stretch
MindBody, Shanna

8:00-9:00am - Core/Stretch
MindBody, Shanna

8:10-9:00am - Cycling
Studio 1, Emilio

9:00-10:00am - Stretch
MindBody, Connie

9:30-10:30am - Latin Barre
Dance/Tone, Studio 1, Shanna

11:00am-12pm - Tough Love
Studio 1, Kevin

11:00am-12pm - Flow Yoga I,II
MindBody, Mary

12:15-1:15pm - Zumba®
Studio 1, Shannon

1:15-2:15pm - Barre Assets
MindBody, Shannon

1:30-2:30pm - Adv Grp Training
Studio 1, Tricia

4:15-5:15pm - Pilates Core Barre
Studio 1, Shanna

6:00-7:00pm - Structured Cycling
Studio 1, Shawndee

5:30-6:45pm - Flow Yoga II, III
MindBody, Gerhart

THURSDAY

6:00-7:00am - Cycling
Studio 1, Michelle

7:00-8:00am – Yoga 1,11
MindBody, Mike D

8:00-8:30am - Pilates Mat
Studio 1 Jonelle

8:30-9:30am - H.I.I.T.
Studio 1, Jonelle

9:00-10:00am - Meditation
MindBody, Bram

9:30-10:30 - Cardio Sculpt
Studio 1, Carmella

10:00-11:00am - Yoga I
MindBody, Valerie

11:00am-12pm - Cycling
Studio 1, Tony

11:00am-12:30pm - Ballet
MindBody, Peter K

12:30-1:30pm - Boot Camp
Studio 1, Josh

4:00-5:00pm - Pilates Mat
MindBody, Shanna

5:00-6:00pm – Body Pump
Studio 1, Jesse

5:15-6:15pm - Yoga I,II,III
MindBody, Courtney

6:00-7:00pm - Boot Camp
Studio 1, Alberto

7:00-8:00pm - Hot Yoga
MindBody, India

FRIDAY

6:00-7:00am - Pure Muscle
Mind/Body, Alberto

7:00-8:00am – Cycling
Studio 1, Alberto

7:00-8:00am - Stretch
MindBody,Connie

8:00-9:00am - Pilates Mat
MindBody, Shannon

8:15-9:15am - Interval Training
Studio 1, Samatha

9:00-10:00am - Adult Fitness
MindBody, Connie

10:00-10:55am – Barre Assets
Mind/Body, Shannon

10:00-11:00am - Cycling
Studio 1, Alberto

11:00-12:00pm - Flow Yoga II, III
Mind/Body, Mary

11:30-12:30pm – Dance Fusion
Studio 1, Shannon

12:45-1:45pm – Barre Assets
Mind/Body, Shannon

5:00-6:00pm Yoga II,III
Mind/Body, Jennifer

SATURDAY

6:30-7:30am - Cycling
Studio 1, Tony

8:00-9:00am Boot Camp
MindBody, Alberto

8:00-9:00am - Functional Fitness
Studio 1, Michelle

9:00-10:00am - Stretch Back Care
MindBody, Connie

9:30-10:30 - Cycling
Studio 1, Shawndee

10:00-11:15am - Yoga 1,11
MindBody, Mike D.

11:15am-12:15pm - Extreme Legs
Studio 1, Shannon

11:15am-12:30pm - Yoga/Meditation
MindBody, Jerome

12:30-1:30pm - Adv Grp Training
Studio 1, Maxx

SUNDAY

8:00-9:00am - Cycling
Studio 1, Raul

9:30-10:30am - Body Pump™
Studio 1, Emily

10:00-11:00am - Flow Yoga I, II, III
MindBody, Mary

10:30-11:00pm - Abs & More
Studio 1, Emily

Child Care Hours

Mon - Thur | 8am-1:30pm
4pm-7:30pm

Fri | 8am-1:30pm

Sat | 8am-12:30pm

Sun | 8am-12:00pm