

Class Descriptions

ADVANCED GROUP TRAINING (AGT): High-intensity intervals that will increase your strength and endurance. This class is taught by Personal Trainers.

BOOTCAMP: A combination of functional, plyometric and strength training exercises. It's a full body workout using BOSU balls, bands and dumbbells.

CARDIO SCULPT: Low impact, high intensity class using weights, BOSU balls and bands for a full body workout.

CYCLING: Indoor cycling program using every aspect of the Matrix high-performance racing bicycles.

CYCLE AND SCULPT: A combination of resistance and cardio, alternating between the bike and strength training.

EXTREME LEGS: A patented strength and conditioning class targeting legs, glutes and abs.

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.

PILATES: Floor exercises that strengthen your body's core muscles. Pilates exercises develop strength, flexibility and endurance.

YOGA: Develop strength, flexibility and balance through held positions and poses.

Class Descriptions (continued)



Group Fitness Schedule

Club Hours

Mon - Fri | 5am-7pm
Sat | 6am-4pm
Sun | 6am-4pm

We currently are not operating our classes until we are able to have more capacity. Please stay with us as we wait to reopen completely

For questions contact:

Brandy Walter, Group Fitness Manager
brandy.walter@lajollasportsclub.com

- Beginner
- Intermediate
- ◆ Advanced

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