

FITNESS SCHEDULE

CALABASAS TENNIS & SWIM CENTER

EFFECTIVE AUGUST 1, 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|-------------------------------|---|------------------------------|------------------------------|---|------------------------|
| Cardio Sculpt 8:30-9:20am | Pilates Sculpt 8:30-9:20am | Pump It Up 8:30-9:20am | Cardio Sculpt 8:30-9:20am | Cardio Sculpt 8:30-9:20am | | |
| Cycling 8:30-9:25am | Cycling 8:30-9:25am | Cycling 8:30-9:25am | Cycling 8:30-9:25am | Cycling 8:30-9:25am | Cycling 8:30-9:25am | Cycling 8:30-9:25am |
| | | | | | | |
| Body Blast 11:00-11:50am | Yoga 11:00-11:50am | Core Strength/ Simply Stretch 11:00-11:50am | Yoga 11:00-11:50am | Piyo 11:00-11:50am | | |
| Cycling 12:00-12:55pm | Cycling 12:00-12:55pm | Cycling 12:00-12:55pm | Cycling 12:00-12:55pm | Cycling 12:00-12:55pm | | |
| | | | | | | |
| Yoga 5:30-6:20pm | Total Body 5:30-6:20pm | Pilates 5:30-6:20pm | Body Blast 5:30-6:20pm | Yoga 5:30-6:20pm | ATTENTION: NON-PRIME TIME MEMBERS ARE ELIGIBLE FOR CLASSES IN THE BLUE SHADED AREAS ONLY | |
| Cycling 5:30-6:25pm | Cycling 5:30-6:25pm | Cycling 5:30-6:25pm | Cycling 5:30-6:25pm | Cycling 5:30-6:25pm | | |

AQUA FIT SCHEDULE

Effective August 3, 2020

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| Aqua Fit 11:45am-12:45pm | Aqua Fit 11:45am-12:45pm | Aqua Fit 11:45am-12:45pm | Aqua Fit 11:45am-12:45pm | Aqua Fit 11:45am-12:45pm | | |
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ZOOM SCHEDULE

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|----------------------|----------------------------|----------------------|-------------------------|----------------------|--|--|
| Yoga 12:00-1:00pm | Total Body 12:00-1:00pm | Yoga 12:00-1:00pm | Pilates 12:00-1:00pm | Yoga 12:00-1:00pm | | |
|----------------------|----------------------------|----------------------|-------------------------|----------------------|--|--|

To allow physical distancing of eight (8) feet, outdoor fitness and cycling classes are limited to twelve (12) participants and Aqua Fit is limited to fourteen (14) participants. **Fitness classes are available on a first come, first served basis and must sign up with the Front Desk.** Please check-in for class no more than ten (10) minutes prior to class start time and bring your own mat for fitness classes – other equipment is still available and sanitized after each use.

At the conclusion of class, participants need to exit the class area immediately.

Use of showers is restricted to a maximum of 5 minutes.

Zoom classes are not included in the membership and the fee will apply for the class(es) you are interested in at \$12.00 each.

CLASS SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE



FOR PRIVATE TRAINING INFORMATION: PLEASE CONTACT MISTER G (818) 914-8873



FITNESS CLASS DESCRIPTIONS

ACTION PACKED

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

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

PUMP IT UP: Be prepared to burn out those muscles! This class will improve your strength and definition to the max! Uses weights and bands.

MUSCLE WORK

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

CORE STRENGTH: Strengthening your core is a vital ingredient for a stronger body. The moves are challenging but achievable for all fitness levels.

TOTAL BODY WORKOUT: Get your body moving and your heart pumping while sculpting your muscles and working your core. You can do this with or without any weights. All levels welcome!

CHILL OUT

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

PIYO: This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

SIMPLY STRETCH/YOGA: Take the 30 minutes to stretch, relax, and re-power for your day!

YOGA: A fusion of all methods of yoga practices. All levels welcome.

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