



Calabasas Fitness Center

Group Exercise Schedule

Effective September 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Boxing 8:00 AM Eric	Spin® 8:00AM Jodi		Spin® 8:00 AM Jodi		Spin® 8:00 AM Jodi
Mat Pilates 9:00 AM Abigail	Mat Pilates 9:00AM Julie	Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00AM Julie	Mat Pilates 9:00 AM Abigail	Slow Flow 9:00 AM Tracy
		Boot-Camp 9:15am Amelia *Sign up required*			
	Yoga I Vinyasa 5:00 PM Celene	Yoga Sculpt 5:00 PM Celene			Body Sculpt 10:00AM Steph

****CLASS SCHEDULE/INSTRUCTORS SUBJECT TO CHANGE & CANCELTION****

New Classes & Class Times Highlighted in Yellow

Fitness Center Hours

Monday-Friday

6:00am-8pm

Saturday & Sunday

7:00am-7pm

Contact Information

(818) 444-5542

amelia@calabasasgolf.com

Class Description

Vinyasa- focuses on connecting the breath to your movements, which tend to be set at a faster pace involving more dynamic movements, less static holds than a hatha class. Develops proprioceptive awareness and balance.

Yoga Sculpt- A full body workout that fuses the fundamentals of yoga and aerobic weight training. This high energy class works all major muscle groups

Slow Flow Yoga- Mindful practice that combines slow, deliberate movements with breath to enhance flexibility, strength, and relaxation

Spin®- Increase your cardiovascular fitness with high intensity intervals, endurance, strength, and recovery periods.

Mat Pilates - Focus on practicing the foundational classical Pilates movements including posture awareness, core strengthening, flexibility and breath.

Cardio Boxing- high energy workout that combines boxing techniques with fast-paced cardio exercises to improve endurance strength and coordination

Body Sculpt- Low impact exercises that focuses on strength, balance, and flexibility with slow controlled movements

Boot Camp- Structured fitness programming with strength and conditioning workouts designed to build strength, improve endurance and track progress. LIMITED SPOTS AVAILABLE. SIGN UPS REQUIRED 24HRS BEFORE CLASS. (Call front desk to reserve spot.)

