



Calabasas Fitness Center

Group Exercise Schedule

Effective February 1st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin® 7:30 AM Jodi	Spin® 8:00AM Jodi		Spin® 8:00 AM Jodi	Spin® 6:30 AM Jodi	Spin® 8:00 AM Jodi
Body Sculpt 8:00 AM (45 min) Catherine	HIIT Pilates 9:30 AM Ashley	Mat Pilates 9:30 AM Ashley		Zumba 8:00 AM (45 min) Abigail	Yoga Sculpt 9:00 AM Celene
Mat Pilates 9:00 AM Ashley			Yoga Sculpt 9:00 AM Celene	Mat Pilates 9:00 AM Abigail	Mat Pilates/ABS 10:00 AM (45 min) Abigail
HIIT 5:15 PM (45 min) Jodi	Yoga I Vinyasa 5:00 PM Celene	Zumba 5:15 PM Abigail (45 min)	Yoga II Vinyasa 5:00 PM Celene		Zumba 11:00 AM Abigail
		Mat Pilates 6:00 PM Abigail			

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

New Classes & Class Times Highlighted in Yellow

Fitness Center Hours

Monday-Friday

6:00am-8pm

Saturday & Sunday

7:00am-7pm

Contact Information

Amelia Fulgentes

(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

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.

Body Sculpt- Low intensity weight training that focuses on full body exercises and great for all fitness levels!

Boxing & Body Sculpt- Experience the perfect blend of boxing and body sculpt in this dynamic hybrid class!

Cardio Boxing- Cardio & strength class that incorporates boxing and develops stamina, speed, coordination and body control. It is recommended to bring your own gloves.

Zumba- High energy class for a fun and effective workout that combines dance and fitness!

HIIT- fast-paced workout combining high-intensity intervals with short rest periods to boost endurance, burn fat, and improve overall fitness

ABS- Focused on strengthening and toning the core through a variety of exercises

HIIT Pilates- HIIT Pilates fuses high-intensity intervals with Pilates movements to enhance strength, flexibility, and endurance in a powerful, full-body workout.

*Classes end 5-10 min early to allow time to clean and sanitize the studio and equipment.

