

Fitness Class Schedule 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------|--------------------------------------------------|-------------------------------------------------------|--------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| | Spin 5:15am - 6:30am Jolene | | S3 5:15am—6:45am Jolene | | | |
| Power Shop 8:00am - 8:55am Jolene | Yoga Vinyasa 7:45am - 8:55am Jolene | Circuit Synergy 8:00am - 8:55am Isaiah | Yoga Vinyasa 7:45am - 8:55am Jolene | Circuit Synergy 8:00am - 8:55am Hilary | Mat Pilates 8:00am - 8:55am Marchond | |
| Cardio Interval 9:00am - 9:55am Cagney | Circuit Synergy 9:00am - 9:55am Holly | Cardio Interval 9:00am - 9:55am Hilary | Spin 9:00am - 9:55am Holly/Michelle | Cardio Interval 9:00am-9:55am Michelle | Zumba Interval 9:00am - 9:55am Marchond | Spin 9:00am - 9:55am Michelle |
| Hatha Yoga 10:05am - 11:00am Whitney | Core Body Training 10:00am - 10:55am Holly | Hatha Yoga 10:05am - 11:00am Whitney | Core Body Training 10:00am - 10:55am Holly | Gentle Yoga 10:00am - 11:15am Hilary | | Yoga 10:15am - 11:30am Whitney |
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| Aqua Aerobics 11:00 - 12:00pm Evelyn/Jennifer | *Cardiac Program 12:30pm - 2:30pm Jolene | Aqua Aerobics 11:00am - 12:00pm Evelyn/Jennifer | *Cardiac Program 12:30pm - 2:30pm Jolene | | *These classes are part of special programs and are not available for open participation. | |
| Forever Fit 11:05am-12:00pm John | | Forever Fit 11:05am-12:00pm John | | | *Small Group Training- \$10 *Contact holly.howard@northp.com to register! | |
| Barre 12:15- 1:00pm Michelle | | Barre 12:15- 1:00pm Michelle | | Barre 12:15 —1:00pm Michelle | | |
| Tai Chi 2:00-3:00pm Chris | | | | |  <p style="text-align: center;">WEST HILLS RACQUET & FITNESS CLUB</p> | |
| | | | | | | |
| *SGT 4:30pm Kettle Bell /TRX | | | | | | |
| Cardio & Sculpt 6:00pm - 7:00pm Holly | Spin 6:00pm - 6:55pm Holly | Yoga 6:30pm-7:30 pm Hilary | Spin 6:00pm - 6:55pm Hilary | | | |
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Fitness Class Description

Spin: A high intensity, non-impact cardiovascular workout. 45 minutes of cycling, includes warm-up and cool down.

Cardio Interval: Cardio Interval is a fitness class that incorporates intervals of intense cardiovascular training mixed with compound movements using free weights!

Cardio & Sculpt: 25 min step, 30 min sculpting using various techniques such as Barre, free weights and body resistance exercises.

Circuit Synergy: Circuit Synergy will have various exercise stations set up allowing you to work to your best ability. All muscle groups will be included improving overall strength and cardiovascular health. This class is great for all tennis players and all athletes.

Power Shop: Strengthen, tone and sculpt your muscles using step bench and weights. The latest in resistance training.

S3: Spin, Strength, Stretch. (Morning class 1.25) Begin class with 30 min. of spinning, 30 min. of weight training and end class with 15 min. of yoga stretches. (Evening class 60min) 30 min of spinning, 20 min of weight training, 10 min of stretch.

Mat Pilates: The principals of Pilates—focus on flexibility, balance, core strength and breathing. Uses body weights accompanied by exercise equipment.

Zumba Interval: The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Tai Chi: Emphasizing technique over strength, Tai Chi is a low impact exercise used to help stress reduction. This class includes rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm

Core Body Training: A total body strength training program with core being the main focus. The class will use light dumbbells and body weight, to help strengthen and tone the body head to toe. Work will be done standing and in the mat.

Forever Fit: A total body boot camp style workout with: cardio, strength, balance, and stretch, focusing on all populations.

Barre: A full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

Aqua Exercise: The focus is on low impact workout is on the 3-D environment of resistance, buoyancy & water pressure. See pool schedule for class times.

Yoga: Tap into your unlimited potential, access your inner peace and achieve balance, strength and flexibility through yoga poses.

Yoga Vinyasa: This flow style yoga links together strengthening & stretching poses. This practice increases not only fitness level, but improves flexibility & alleviates stress & tension.

Hatha Yoga: This style of yoga focuses on taking the time to discover the proper alignment for each pose. Attention given to breathing technique, form and strength.

Gentle Yoga: Class focus is on the foundations of yoga, offering a wider range of modification for each pose. Excellent for tennis players and seniors.

Kettle bell and TRX training: will build the strength you need for stronger shots. Kettle bell strength training is all about controlled power with momentum, just like your serve motion. TRX training offers a total body strength training program using just your body weight resistance, allowing you to feel strong but light and agile once you step onto the court! **(\$10 per class)**

Young Athlete Small Group Training: Do you have a young athlete? Are they playing tennis, basketball, running track and field, or swimming? All athletes need cross training to help improve their sport performance and keep them injury free! Join our Certified Personal Trainers and work on speed, agility, strength, core conditioning, and flexibility. **(\$8 per class)**