

# Group Fitness Class Schedule Feb 2012

345 South Lake Avenue, Suite 201, Pasadena, CA 91101 626 396 1700

# am

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Spin</b> Eddie C. 6:00	<b>Spin</b> Phil D. 5:30	<b>320</b> Richie D. 5:30	<b>Spin</b> Phil D. 5:30	<b>Sport Circuit</b> Alex M. 5:30	<b>320</b> Phil D. 7:15	<b>Spin</b> Jeff S. 8:30
<b>Pure Strength</b> Cesar B. 6:30	<b>BootCamp</b> Richie D. 5:30 (55 mins.)	<b>Spin</b> Ron F. 6:00	<b>BootCamp</b> Richie D. 5:30 (55 mins.)	<b>Opt. Body &amp; Mind</b> Loa B. 8:15 (70 mins.)	<b>Spin</b> Stephanie B. 8:00	<b>Spin</b> Noel P. 9:30
<b>Spin</b> Noel P. 8:30	<b>Circuit Moves</b> Chris Z. 8:30	<b>Classic Pilates</b> Johnny M. 8:00 (Pilates Studio)	<b>Pure Strength</b> Chris Z. 8:30	<b>Spin</b> Noel P. 8:30	<b>Classic Pilates</b> Johnny M. 8:00 (Pilates Studio)	<b>Zumba</b> Augustine R. 9:30
<b>Pure Strength</b> Yalda S. 8:30	<b>Spin</b> Melissa L. 9:30	<b>Spin</b> Chris Z. 8:30	<b>Spin</b> Melissa L. 9:30	<b>Circuit Moves</b> Michelle D. 9:30	<b>Core Works</b> Chris Z. 8:30 (20 min.)	<b>Yoga (Anusara Inspired)</b> Cristianne V. (all levels) 10:30
<b>Spin</b> Phil D. 9:30	<b>Zumba</b> Bettzy F. 9:30	<b>320</b> Phil D. 8:30	<b>Zumba</b> Bettzy F. 9:30	<b>Yoga (Anusara Inspired)</b> Hilary K. (levels 2-3) 12:00	<b>Spin</b> Chris Z. 9:00	
<b>Quick Sculpt</b> Meredith M. 9:30 (45 mins.)	<b>Yoga (Anusara Inspired)</b> Susan W. (levels 1-2) 10:30 (75 mins.)	<b>Quick Sculpt</b> Erin D. 9:30 (50 mins.)	<b>Yoga (Anusara Inspired)</b> Susan W. (levels 1-2) 10:30 (75 mins.)		<b>Cardio Step</b> Michelle D. (levels 2-3) 9:00	
<b>Stretch it in 10</b> Meredith M. 10:15 (10 mins.)	<b>Spin</b> Noel P. 12:00	<b>Stretch it in 10</b> Erin D. 10:15 (10 mins.)	<b>Spin</b> Noel P. 12:00		<b>Spin Basics</b> Kyra S. 10:00	
<b>Booty Barre</b> Jackie H. 10:30		<b>Yoga (Vinyasa)</b> Rachel F. (all levels) 12:00 (75 mins.)			<b>Pure Strength</b> ★ Don H. 10:00	
<b>Yoga (Vinyasa)</b> Rachel F. (all levels) 12:00 (75 min.)					<b>Yoga (Basics)</b> Hilary K. (levels 1-2) 11:15	

# pm

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Yoga (Vinyasa)</b> Rachel F. (all levels) 5:15 (70 mins.)	<b>Pure Strength</b> ★ Meredith M. 5:30	<b>BootCamp</b> Gary L. 5:30	<b>Zumba</b> Diona P. 5:30	<b>Spin</b> Ron F. 5:30		
<b>Spin</b> Noel P. 5:30	<b>Spin</b> Ron F. 5:30	<b>Spin</b> Noel P. 5:30	<b>Spin</b> Noel P. 5:30	<b>Kickbox Conditioning</b> Joseph D. ★ 5:30		
<b>Circuit Moves</b> Michelle D. 6:30	<b>Rockin' Flexibility</b> Phil D. 6:30	<b>Pure Cardio</b> Michelle D. 6:30 (50 mins.)	<b>Sport Circuit</b> Noel P. 6:30	<b>Yoga (Vinyasa)</b> ★ Rachel F. (all levels) 6:30 (70 mins.)		
<b>Spin</b> Bob S. 6:30	<b>Spin</b> Gene L. 6:30	<b>Spin</b> Bob S. 6:30	<b>Spin</b> Steve M. (coached ride) 6:30			
<b>Zumba</b> Bettzy F. 7:30	<b>Classic Pilates</b> Johnny M. 6:30 (Pilates Studio)	<b>Groovalicious</b> ★ Byron Q. 7:30	<b>Classic Pilates</b> Johnny M. 6:30 (Pilates Studio)			
			<b>Yoga 4 All</b> ★ Steve M. 7:35 (Pilates Studio)			

★ New class, time or teacher



**Club Hours**  
Mon–Thur 5am–10pm  
Fri 5am–8pm  
Sat–Sun 7am–7pm

## GROUP FITNESS CLASS DESCRIPTIONS (all classes are 55 minutes unless noted differently)

### STRENGTH

**CIRCUIT MOVES:** Circuit training is by far the most effective training modality available. Get a full body workout using our dual resistance VertiCore® fit straps and easy-to-follow athletic cardio sequences that help you engage your core, building lean muscle and functional strength.

**SPORTS CIRCUIT:** The same format as Circuit Moves but without dance steps! Sports drills and skills make up the cardio aspect of this dynamic kick-butt circuit class with strength segments to round out this total body workout.

**320:** This 60 minute workout is broken down into 20 minute segments. You'll be sweating in the first 20 minutes with an active warm-up that involves dynamic vertical and ground-based core training; the second 20 minute segment is a total body metabolic strength circuit; then we dim the lights to finish with 20 minutes of deep stretching that will challenge you, leaving you stretched, energized and relaxed.

**BOOT CAMP:** Everything you know about a boot camp and more but with NO YELLING! Have fun while you increase your strength and endurance in a supportive environment. You'll never get bored as you do a variety of basic conditioning exercises using your own body weight along with various group exercise equipment.

**PURE STRENGTH:** A total body workout that uses barbells, dumbbells and more to strengthen all your muscle groups. Get ready to use your core in both total body exercises and traditional exercises, giving you a complete head-to-toe workout. Set to fun music this class is for anyone who wants to increase their muscular strength and endurance while shaping their entire body. Pure strength is for all ages and fitness levels.

**QUICK SCULPT:** A 30 minute total body sculpting workout that will shape and define your entire body. Using the most effective and time-efficient functional exercises, this class uses a variety of equipment to keep you challenged, motivated and energized.

**CORE WORKS:** This 20 minute workout will challenge your core from all angles and is the perfect addition to any cardio or strength workout. Suitable for all fitness levels.

**BOOTY BARRE:** A unique and fun, high-energy group fitness experience which fuses exercise techniques from the worlds of, dance, sculpting and yoga. You'll firm, tighten and tone your body without adding bulk and burn calories along the way.

**KICKBOX CONDITIONING:** You don't have to be a fighter to train like one. Kickbox conditioning is a great class for men and women.

Learn the techniques of basic kicks and punches combined with athletic skills and drills to give you a great cardio and endurance workout. No experience necessary in this class that uses body-weight, mitts and pads to give you a great total body workout.

### CARDIO

**SPIN® BASICS:** This class is perfect for all levels and great for those looking for more instruction on form, pedal stroke and in-tensity monitoring during Spin® classes and outdoor cycling.

**SPIN®:** The original and most popular group cycling class. Spinning® is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun. Spin® classes are 50 minutes in length.

**SPIN® (Coached Ride):** The coached ride is Spinning® with more "cycling specific" techniques and drills, blended with musical rhythms that you can take to the road.

**PURE CARDIO:** A 50 minute high energy cardio class that combines basic kickboxing, athletic moves and high and low impact cardio combos to help you blast calories and get your heart pumping. Great for those that love to move!!!

**CARDIO STEP:** A complete cardio workout that mixes strong and simple athletic moves on and off the step that will help you burn extra calories and reshape your lower body.

**ZUMBA®:** A fusion of Latin and International music and dance themes that create a dynamic, exciting and effective fitness system! The moves are easy to follow and you will have a blast in one exhilarating hour of calorie-burning, body-energizing and awe-inspiring movements meant to engage and captivate for life! Join the party – ditch the workout!

**GROOVALICIOUS:** Delicious combinations of Hip Hop, Exotic & Latin dance will move you! Unleash your inner dancer, bring that sexy dance attitude and rock your cardiovascular workout while you get your GROOVE on. Byron Quiros, who has worked with Usher and Craig David, now brings his energetic dance spirit to the fitness floor! All levels welcome

### MIND – BODY

**CLASSIC PILATES:** This Pilates mat class is held in the Pilates Studio and utilizes classic Pilates repertoire along with small equipment such as bands, balls, magic circles and the BOSU. Focus on your core, strengthen and lengthen muscles, while working on stability and balance.

**OPTIMUM MIND AND BODY:** A 70 minute mind and body sculpting program. A fusion of yoga, Pilates, strength training, and ballet creates an efficient, joint friendly, total bodywork out. Done without shoes to fresh sounds and music, this program is a great stress reliever.

**ANUSARA INSPIRED YOGA:** Using a balance of strength and flexibility with a focus on proper alignment, this class will reenergize your body and ground your mind. Anusara Inspired Yoga is playful and challenging. Levels 1 and 2 (75 minutes).

**ANUSARA YOGA:** Deepen your practice in this vigorous and challenging class. Work with your breath and alignment to learn more advanced postures while finding deeper expressions of essential yoga poses. Levels 2 and 3 (90 minutes).

**YOGA BASICS:** For anyone who wants to learn yoga, this class introduces fundamental yoga poses with alignment and breath instruction. Students will build strength and increase flexibility. Come out and play in a supportive and fun environment! Level 1 (60 minutes).

**VINYASA YOGA:** Tone, stretch and strengthen your body while calming and relaxing your mind. This total body workout will leave you feeling longer, leaner and with a sense of inner peace. The first half of the class will build heat as we flow through sun salutations and sequential standing poses as we gradually move into seated postures, core work and tension releasing stretches. All Levels (75 minutes).

**YOGA 4 ALL:** Create overall physical balance through a series of yoga poses. Learn the correlation between the pose and every day activities of the body using flowing yoga sequences. Create more strength around the joints. This class is designed for first timers as well as experienced yogis. All Levels.

**ROCKIN' FLEXIBILITY:** Yoga-like flowing flexibility moves for those who want the benefits of flexible strength but may not have time for a full yoga workout. Performed to modern music. You stretch, strengthen and rebalance your entire body in less than 60 minutes. Leave class sweating, smiling and centered.

**STRETCH IT OUT:** Need to incorporate a little stretching into your workout schedule? This is a quick 10 minute stretch class designed to help unwind and release tension from your other workouts. Come to class warmed up and ready to release.

