



November 2017 GROUP EXERCISE

LEGEND: Basketball Court (6)/Pool (P)/6th Flr Cycling Room (6C)/7th Flr (7)/8th Flr Multi-Purpose Room (8MP)/Power Center, 8th Flr (PC)/Frank White Studio (9)/9th Flr Kickboxing Room (9K)/ Roof (R)

HOURS: M-F 5 am – 10 pm, Sat 8 am –7 pm, Sun 8 am –7 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 Circuit Training Mohammed (7)	6:00-6:50 bootybarre Anissa (8MP)	6:00-6:50 Circuit Training Mohammed (7)	6:00-6:50 Pilates Mat Yvette (8MP)	6:00-6:50 Circuit Training Mohammed (7)	8:15-9:05 Zumba® Zhanna (8MP)	10:00-11:10 Flow Yoga Joella (9)
6:00-6:50 Hatha Yoga Marlene (9)	6:00-6:50 Hatha Yoga Marlene (9)	6:15-7:05 Restorative Yoga Cecile (9)	6:05-6:55 H.I.T.-Cycle George (6C)	7:00-8:00 Athletic Inspired Yoga Catherine (9)	9:30-10:40 Hardcore Boxing Javier (9K)	10:15-11:05 Barre Workout Zhanna (8MP)
6:05-6:55 H.I.T.-Cycle George (6C)	7:00-7:50 Athletic Conditioning Catherine (PC)	7:00-7:50 Athletic Conditioning George (PC)	6:00-6:50 Hatha Yoga Marlene (9)	7:00-7:50 Barre Workout Zhanna (8MP)	9:30-10:20 Pilates Mat Yvette (8MP)	
7:00-8:00 Athletic Inspired Yoga Catherine (9)	7:00-7:50 Vinyasa Flow Yoga Marlene (9)	7:00-7:50 Morning Stretch Zhanna (8MP)	7:00-7:50 Circuit Training Mohammed (7)	7:00-7:50 Morning Stretch Cheryl (7)	10:00-11:20 Basketball Conditioning Alek (6)	
7:00-7:50 Morning Stretch Zhanna (8MP)	8:00-8:50 Pilates Mat Claudette (8MP)	8:00-8:50 Barre Workout Zhanna (8MP)	7:00-7:50 Vinyasa Flow Yoga Marlene (9)	8:00-8:50 Ignite and Dance Benita (8MP)	10:00-10:50 Deep H2O Workout Jonathan (P)	
8:00-8:50 Barre Workout Zhanna (8MP)		9:00-9:50 Aqua Zumba Zhanna (P)	8:00-8:50 Progressions Benita (8MP)	9:00-9:50 Aqua Zumba Zhanna (P)	10:00-11:10 Hatha Yoga Marlene (9)	
9:00-9:50 Aqua Zumba Zhanna (P)					10:30-11:50 Cardio Hip Hop David (8MP)	
12:05-12:55 Hardcore Boxing George (9K)	12:00-12:50 Hatha Yoga Marlene (9)	12:00-12:50 Flow Yoga Jino (9)	12:00-12:50 Hatha Yoga Marlene (9)	12:00-12:50 Pilates Mat TBA (9)		
		12:05-12:55 Kickboxing George (9K)		12:05-12:55 Hardcore Boxing George (9K)		
5:00-5:50 Pilates Mat TBA (9)	5:30-6:20 Extreme FUNctional Training Ignacio (PC)	5:00-5:50 Pilates Mat Yvette (9)	5:30-6:25 Court Fit Jorge & Roberto (8)	6:00-7:20 Vinyasa Flow Yoga Christian (9)		
5:30-6:25 Court Fit Jorge & Roberto (8)	5:30-6:20 H.I.T.-Cycle George (6C)	6:00-7:10 Vinyasa Flow Yoga Christian (9)	5:30-6:20 Extreme FUNctional Training TBA (PC)			
6:00-7:10 Power Yoga Jino (9)	6:00-7:20 Core Flow Yoga Teresa (9)	6:00-6:50 Zumba® Zhanna (8MP)	6:00-7:10 Power Yoga TBA (9)			
6:00-6:50 Zumba® Zhanna (8MP)	6:30-7:20 Results Pilates Marlene (8MP)	6:10-7:00 H.I.T.-Cycle Billy (6C)	7:10-8:00 P.E. 101 Zaven (PC)			
6:10-7:00 H.I.T.-Cycle Billy (6C)	7:10-8:00 Athletic Conditioning Zaven (PC)	6:15-7:05 Deep H2O Workout Jonathan (P)				
6:15-7:05 Deep H2O Workout Jonathan (P)		6:30-7:40 Kickboxing CJ (9K)				
6:30-7:40 Kickboxing CJ (9K)						
7:30-8:40 Dance Fusion David (8MP)						
						<p><i>Please see Calendar at Mylasc.com for updated daily schedule.</i></p> <p><i>Group Exercise classes are complimentary for Members and guests.</i></p>

CLASS DESCRIPTIONS

Aqua Zumba® "Known as the Zumba "pool party", Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief."

Athletic Conditioning® Come ready to work! You'll be challenged with aerobic/anaerobic cardio intervals, strength, power and athletic combination drills.

Athletic Inspired Yoga A power yoga class specifically designed for athletes looking to stretch and strengthen the mind-body connection. An exploration of breath and movement to enhance your daily athletic performance.

Ballet Basics Sculpt your hips and thighs and improve your core strength and posture with this ballet barre workout!

Basketball Conditioning Classes are designed to help improve your quality of play. Drills covered in class include: Condition drills, defensive footwork, dribbling etc.

Barre Workout A high energy, non-impact exercise class that combines barre work and light weights with continual fat burning motion.

bootybarre "bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body."

Cardio Hip Hop Sweat your buns off as you learn the latest choreography in a non-stop cardio and muscle-toning dance workout. All levels.

Circuit Training 45/55 minutes of total upper and lower body conditioning and cardio training.

Core Flow Yoga This yoga practice focuses on building core and back strength. Vinyasas are taken between powerful standing and balance poses, hip openers and core exercises to create a mind, breath, and body connection. The class ends with stretch poses and savasana. All levels.

Court Fit This high-energy class will introduce the basics skills and fundamentals of handball and will also provide an intense cardio workout.

Dance Fusion A high-energy blend of hip hop, jazz and pop choreography.

Deep H2O Workout Experience the ultimate high intensity of water, which builds cardio endurance, flexibility, & muscular strength using the water's natural resistance.

Extreme FUNctional Training Train your body to meet the demands of your daily life with this effective, simple, and fun class. This workout combines resistance and anaerobic drills to train your whole body in the most efficient, comprehensive way possible. You'll get faster, stronger and leaner!

Flow Yoga This yoga practice uses postures in a flowing manner, connecting each posture with a breath. This class is geared toward the more advanced yoga student with six months- one year highly recommended.

Hatha Yoga A traditional yoga class that is suitable for all fitness levels. Postures (asana) are used to help students increase strength, flexibility, and balance. This class focuses on breath (pranayama) control and body alignment. Class ends with savasana (relaxation pose).

Hardcore Boxing Get lean and mean with this classic boxing workout using heavy bags, jump ropes and calisthenics guaranteed to make you sweat!

H.I.T.-Body Guaranteed Boredom Free! Super-efficient body weight training workouts combine cardio and strength training to burn fat fast!

H.I.T.-Cycle These intense indoor cycling workouts are designed to improve the performance of your aerobic and anaerobic system by utilizing interval, tempo and hard repeat training. If you want to boost your VO2max and anaerobic threshold, this is the workout for you!

H.I.T.-Power Stronger, Faster, Better! These workouts build power, crank up your fat-burning metabolism and will help you to perform at your best all day long!

Ignite and Dance 30 minutes of fun, dance-fitness moves followed by 30 minutes of full body sculpting exercises. All levels welcome.

Intro to Power Flow Yoga This yoga practice uses postures in a flowing manner, connecting each posture with a breath. This class is appropriate for all skill levels.

Kickboxing (hand wraps recommended) A dynamic full body workout incorporating heavy bags, focus mitts, jump ropes and more! Increase endurance, power and agility while you train like the pros.

Morning Stretch Start your day with this total-body stretch. Enhance your recovery, improve your performance, and increase your overall sense of well-being with this rejuvenating stretching session.

Muay Thai Boot Camp Muay Thai Boot Camp is a high-intensity kickboxing workout that helps you build strength, gain lean muscle mass, and improve your balance, flexibility, and agility. You will learn how to strike like a pro in this non-contact class!

P.E. 101 Physical Education. Power/Endurance. Plyometrics/Explosiveness. This workout checks all the boxes! Join us for this exciting combination of plyo and bodyweight exercises focusing on fun, effective routines to increase your power, strength and endurance. Minus the dodgeball!

Pilates Mat This class is a total body/mind workout, which focuses on precise concentrated movement using the mind to feel and focus the body. Movements emphasize building strong abdominal and lower back muscles to enhance strength, muscular balance, alignment, flexibility, grace and coordination.

Power/Power Flow Yoga This is a vigorous and dynamic approach to yoga. Flowing progressive yoga postures, meditative awareness and breath control are used to strengthen your body and mind. This class is geared toward the more advanced yoga student with six months-one year highly recommended.

Progressions A muscle conditioning class for all levels using various resistance equipment and steps to build strength and endurance as you tone your whole body. All levels.

Restorative Yoga Restorative Yoga is a relaxation method that focuses on relaxing the body and mind through a series of gentle movements and stretches that are coordinated with breath control. This class is appropriate for all skill levels.

Results Pilates Results Pilates uses a series of exercises based on the Pilates Method to improve your strength, flexibility, and core stability. And like the name says, in this class, it's all about the bottom line (glutes, hips, and thighs)!

Ride in The Zone These multi-level indoor cycling workouts build your aerobic base and maximize your body's ability to burn fat. All levels.

Sports Stretch Make this total-body stretch part of your pre-game ritual. Enhance your recovery, improve your performance, and reduce your injury potential with this rejuvenating stretching session.

Vinyasa Flow Yoga This class focuses on synchronizing your breath with your movement. You will move from pose to pose on your inhale or exhale in a smooth, flowing sequence. Class ends with savasana (relaxation pose). This class is appropriate for all skill levels.

Zumba® A low-impact, fat-burning workout that's so much fun that you will want to keep coming back for more. Zumba combines simple, choreographed dance moves and up to date music infused with the Latin vibe!

There is no additional charge, unless otherwise noted, for **Members** and **Hotel Guests** to attend group exercise classes.

Group Exercise Coordinator: George Padilla (george.padilla@laac.net) 213-625-2211 x3476

The schedule is also available at www.laac.com or follow us on Twitter @ twitter.com/laac