

NOVEMBER 2021

OUTDOOR/INDOOR GROUP
EXERCISE SCHEDULE

ROOFTOP OF CLUBHOUSE /
6TH, 7TH, 9TH FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FUNCTIONAL TRAINING 6:00AM-6:50AM MOHAMED KARGBO 7TH FLOOR</p> <p>H.I.T. CYCLING 5:30PM-6:20PM VERONICA PEREZ 6TH FLOOR</p> <p>POWER YOGA 6:30PM-7:30PM ANALYN REVILLA 9TH FLOOR</p>	<p>HATHA YOGA 7:00AM-8:00AM MARLENE WEISS 9TH FLOOR</p> <p>H.I.T. CYCLING 12:00PM-12:50PM VERONICA PEREZ 6TH FLOOR</p> <p>THIGHS/ABS/BUNS 5:30PM-6:20PM LE PERSIA CLARK</p> <p>CORE FLOW YOGA 6:30PM-7:30PM JINO DE CASTRO 9TH FLOOR</p>	<p>FUNCTIONAL TRAINING 6:00AM-6:50AM MOHAMED KARGBO 7TH FLOOR</p> <p>H.I.T. CYCLING 5:30PM-6:20PM VERONICA PEREZ 6TH FLOOR</p> <p>ASHTANGA INSPIRED YOGA 6:00PM-7:00PM CHRISTIAN CASTANO 9TH FLOOR</p> <p>YIN YOGA & MEDITATION 7:00PM-8:00PM ANALYN REVILLA 9TH FLOOR</p>	<p>SUNRISE MORNING STRETCH 6:30AM-7:20AM BENITA CONWAY 9TH FLOOR</p> <p>HATHA YOGA 12:00PM-12:50PM MARLENE WEISS 9TH FLOOR</p> <p>BARRE BODY CONDITIONING & ABS 5:30PM-6:20PM BERTHA BLANKENSHIP 9TH FLOOR</p>	<p>FUNCTIONAL TRAINING 6:00AM-6:50AM MOHAMED KARGBO 7TH FLOOR</p> <p>HATHA YOGA 8:00AM-9:00AM MARLENE WEISS 9TH FLOOR</p> <p>H.I.T. CYCLING 12:00PM-12:50PM VERONICA PEREZ 6TH FLOOR</p>	<p>MAT PILATES 8:30AM-9:20AM YVETTE AYERS 9TH FLOOR</p> <p>CARDIO CYCLE 9:00AM-9:50AM JILLIANA BASSAN 6TH FLOOR</p> <p>HATHA YOGA 10:00AM-11:00AM MARLENE WEISS 9TH FLOOR</p> <p>PRO STYLE BOXING 11:00AM-12:05PM SETH KOURY 9TH FLOOR</p> <p>SUNDAY</p> <p>MAT PILATES 9:00AM-9:50AM CLAUDETTE JAMES 9TH FLOOR</p> <p>HATHA YOGA 10:00AM-11:00AM MARLENE WEISS 9TH FLOOR</p>

ROOFTOP OF PARKING GARAGE /
8TH FLOOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SUNRISE MORNING STRETCH 7:00AM-7:50AM ZHANNA WATERMAN 8TH FLOOR</p> <p>BARRE & AB WORKOUT 8:00AM-8:50AM ZHANNA WATERMAN 8TH FLOOR</p> <p>KETTLEBELL & ROPES 5:30PM-6:20PM IGNACIO MACIAS</p> <p>FUNCTIONAL TRAINING & ROPES 6:30PM-7:20PM IGNACIO MACIAS</p> <p>WATER AEROBICS 6:00PM-6:50PM JONATHAN SMITH 6TH FLOOR POOL</p>	<p>MEDICINE BALL KETTLEBELLS & POWER YOGA ABS 5:30PM-6:20PM JINO DE CASTRO</p> <p>BASKETBALL CONDITIONING & DRILLS 6:00PM-6:50PM ALEK PETROSSIAN</p> <p>FUNCTIONAL TRAINING 6:30PM-7:20PM IGNACIO MACIAS</p>	<p>SUNRISE MORNING STRETCH 7:00AM-7:50AM ZHANNA WATERMAN 8TH FLOOR</p> <p>BARRE & AB WORKOUT 8:00AM-8:50AM ZHANNA WATERMAN 8TH FLOOR</p> <p>H.I.T. CYCLING 5:30PM-6:20PM VERONICA PEREZ</p> <p>KETTLEBELL & ROPES 6:30PM-7:20PM IGNACIO MACIAS</p> <p>WATER AEROBICS 6:00PM-6:50PM JONATHAN SMITH 6TH FLOOR POOL</p>	<p>THIGHS/ABS/BUNS 7:30AM-8:20AM BENITA CONWAY 8TH FLOOR</p> <p>FUNCTIONAL TRAINING & ABS 5:30PM-6:20PM IGNACIO MACIAS</p> <p>KETTLEBELL & ROPES 6:30PM-7:20PM IGNACIO MACIAS</p>	<p>MMA FITNESS CONDITIONING 6:00PM-6:50PM DAVID SIMMONS</p>	<p>FUNCTIONAL TRAINING & ROPES 8:10AM-9:00AM MOHAMED KARGBO</p> <p>BASKETBALL CONDITIONING & DRILLS 10:00AM-11:15AM ALEK PETROSSIAN</p> <p>WATER AEROBICS 10:00AM-10:50AM JOTHAN SMITH 6TH FLOOR POOL</p>

MIND & BODY CLASS DESCRIPTIONS

SUNRISE MORNING STRETCH

Stretch the entire body and link the movement of your body to the movement of your breath, this class is a flowing series of stretches that will invigorate you to start the day with renewed flexibility.

HATHA YOGA

Concentrates on physical health and mental well-being. The focus will include Asana (Postures) and Pranayama (Breath) to help increase flexibility, balance and strength. This class is suitable for all fitness levels.

YIN YOGA & MEDITATION

This class includes deep stretches and poses that are held for 4 minutes or longer. The goal is to increase circulation in the joints and improve flexibility. This is a great class to relieve stress, fear and emotions "trapped" in the body. The class ends with a meditation.

CORE FLOW YOGA

This yoga work-out focuses on your core to enhance spinal integrity and build strength. This class incorporates athleticism of Ashtanga and includes a series of poses done in sequence connected to your breath.

ASHTANGA INSPIRED YOGA

This is a flowing (Vinyasa Style) practice that connects movement with breath in a progressive series of postures done with a calm and focused mind.

POWER YOGA

This is a dynamic and vigorous fitness-based work out that includes flowing yoga postures and breath control to develop endurance, strength and mental stamina. This class is geared toward the more advanced student.

MAT PILATES

This class will focus on strengthening your "powerhouse" which concentrates on your abdominals, lower back muscles, pelvic floor, hips and glutes. Improve your postural alignment, breathing and core stability.

GROUP CLASS DESCRIPTIONS

FUNCTIONAL TRAINING

The class emphasis is to help improve your daily tasks and activities. The class will include the 7 movement patterns; squats, lunges, push, pull, hinge, twist and cardio. You will also use machines to increase your strength.

FUNCTIONAL TRAINING & ROPES

The class emphasis is to help improve your daily life by strengthening muscles to improve your daily tasks and skills. The class will also include ropes to build your endurance.

KETTLEBELLS & ROPES WORKOUT

This class will focus on working with kettlebells, ropes and body-weight exercises for a heart pumping work-out. You will learn new exercises in a fun and challenging format.

MEDICINE BALL, KETTLEBELLS & POWER YOGA ABS

Work your strength at all angles. The class will intertwine classic kettlebells and medicine ball exercises with inventive multi-angular explorations. You are also geared to get a great Core Power Yoga abdominal workout.

THIGHS, ABS AND BUNS

This class workout focuses on strengthening your lower body using training principles that include a variety of lower body exercises and resistance bands.

BARRE WORKOUT

This class is a hybrid work out that combines ballet inspired moves with elements of Pilates, proper alignment, flexibility and strength using light weights.

BARRE BODY CONDITIONING & ABS

This fun, invigorating workout combines barre and classical ballet training to enhance your strength and flexibility. It also includes Pilates to target your core and improve body alignment and Posture.

H.I.T. CYCLING

Cycle in a high intensity class and get in shape for your weekend bike rides. The class focus is aerobic and anaerobic interval training.

WATER AEROBICS

This deep water class focuses on aerobic endurance and strength, using resistance fitness gear to push and pull in the water efficiently. This is a great class recovering from an injury or in rehab.

CARDIO CYCLE

this high intensity class blends sound and high beat tempo music to make you rise and shine. You will burn calories through quick bursts of exercise and high intensity training.

PRO STYLE BOXING

This boxing based class alternates between real life boxing combinations on the heavy bag and boxing interval training using your body weight. Gloves and hand wraps are required. (65 minutes)

SKILLS CONDITIONING GROUP CLASSES

MMA FITNESS CONDITIONING

This is a sports specific circuit of training class that incorporates many exercises used by MMA fighters to enhance their strength, stamina, speed, agility and quickness. This is the perfect total body workout and a great way for anyone to get into shape.

BASKETBALL CONDITIONING & DRILLS

Class emphasis is on footwork, drills, passing, shooting and ropes to build endurance. Learn how to transfer these skills into being a better basketball player. Class is for all abilities.

LOCATION OF GROUP CLASSES:

6TH FLOOR • Club elevator to the 6th floor, turn left to Cycling Room

7TH FLOOR • Club elevator to the 7th floor, class is held in the lobby

8TH FLOOR • Club elevator to the 8th floor, turn left to Studio 8

9TH FLOOR • Club elevator to the 9th floor, turn left to Frank White Yoga Studio

CLUBHOUSE ROOF TOP • Club elevator to the 12th floor, turn right and take stairs to the rooftop

HERCULES BEACH ROOF TOP TO PARKING GARAGE • Take parking garage elevator to the 7th floor to Hercules Beach