

SEPTEMBER

2022

EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FUNCTIONAL TRAINING 6:00AM-6:50AM MOHAMED KARGBO 7TH FLOOR</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 6TH FLOOR</p> <p>KETTLEBELL & ROPES 5:30PM-6:20PM CHRIS CORBILLA PARKING ROOFTOP</p> <p>WATER AEROBICS 6:00PM-6:50PM JONATHAN SMITH 6TH FLOOR POOL</p> <p>FUNCTIONAL TRAINING & ROPES 6:30PM-7:20PM CHRIS CORBILLA PARKING ROOFTOP</p> <p>POWER YOGA 6:30PM-7:35PM ANALYN REVILLA 9TH FLOOR</p>	<p>CARDIO CYCLING 6:30AM-7:20AM RODRICK SUDDUTH 6TH FLOOR</p> <p>HATHA YOGA 7:00AM-8:00AM CATHERINE DONNELLY 9TH FLOOR</p> <p>H.I.T. CYCLING 12:00PM-12:50PM VERONICA PEREZ 8TH FLOOR</p> <p>THIGHS/ABS/BUNS 5:30PM-6:20PM LE PERSIA CLARK 8TH FLOOR</p> <p>CORE FLOW YOGA 6:00PM-7:05PM JINO DE CASTRO 9TH FLOOR</p> <p>FUNCTIONAL TRAINING 6:30PM-7:20PM CHRIS CORBILLA PARKING ROOFTOP</p>	<p>FUNCTIONAL TRAINING 6:00AM-6:50AM MOHAMED KARGBO 7TH FLOOR</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 8TH FLOOR</p> <p>FUNCTIONAL TRAINING 5:30PM-6:20PM CHRISTOPHER CORBILLA PARKING ROOFTOP</p> <p>WATER AEROBICS 6:00PM-6:50PM JONATHAN SMITH 6TH FLOOR POOL</p> <p>KETTLEBELL & ROPES 6:30PM-7:20PM CHRIS CORBILLA PARKING ROOFTOP</p> <p>ASHTANGA INSPIRED YOGA 6:00PM-7:05PM CHRISTIAN CASTANO 9TH FLOOR</p> <p>MUAY THAI 7:00PM-7:50PM DAVID SIMMONS 9TH FLOOR</p> <p>YIN YOGA & MEDITATION 7:05PM-8:10PM ANALYN REVILLA 9TH FLOOR</p>	<p>CARDIO CYCLING 6:30AM-7:20AM RODRICK SUDDUTH 6TH FLOOR</p> <p>SUNRISE MORNING STRETCH 7:00AM-7:50AM BERTHA BLANKENSHIP 9TH FLOOR</p> <p>BODY SCULPT/ ABS & BALANCE 8:00AM -8:50AM BERTHA BLANKENSHIP 8TH FLOOR</p> <p>HATHA YOGA 12:00PM-12:50PM SELENE RAMIREZ 9TH FLOOR</p> <p>BARRE BODY CONDITIONING & ABS 5:30PM-6:20PM BERTHA BLANKENSHIP 8TH FLOOR</p> <p>RESTORATIVE YOGA 6:00PM-7:05PM KRISTINE CHENG 9TH FLOOR</p>	<p>FUNCTIONAL TRAINING 6:00AM-6:50AM CHRIS CORBILLA 7TH FLOOR</p> <p>HATHA YOGA 8:00AM-9:00AM CATHERINE DONNELLY 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>WATER AEROBICS 10:00AM-10:50AM JONATHAN SMITH 6TH FLOOR POOL</p> <p>HATHA YOGA 10:00AM-11:05AM SELENE RAMIREZ 9TH FLOOR</p> <p>BASKETBALL CONDITIONING & DRILLS 10:00AM-11:05AM ALEK PETROSSIAN</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>CARDIO CYCLING 9:00AM-9:50AM VERONICA SANCHEZ 6TH FLOOR</p> <p>HATHA YOGA 10:00AM-11:05AM ANALYN REVILLA 9TH FLOOR</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.

BODY SCULPT/ABS & BALANCE

The class focus is on the core and muscles of the entire body. You will achieve ultimate fitness by concentrating on strength, balance, agility and flexibility.

RESTORATIVE YOGA

This class is a restful practice that includes holding (Asanas) at a slow pace, focusing on long holds, deep breathing and opening your body through passive stretching. Class promotes physical, mental and emotional relaxation.

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.

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 multi-level cycling workout builds your aerobic endurance and maximizes your body's ability to burn fat.

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)

MUAY THAI

This class is high intensity kickboxing work-out that helps build strength, gain lean muscle and improve your balance, flexibility and agility. You will learn to strike like a Pro.

SKILLS CONDITIONING GROUP CLASSES

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 the Cycling Studio

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

PARKING ROOFTOP • Take parking garage elevator to the 8th floor to Hercules Beach