



FITNESS SCHEDULE

CALABASAS TENNIS & SWIM CENTER

EFFECTIVE
JANUARY 2, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boxing 7:00am-8:00am Mr. G Room 2	Cycling 6:15am-7:15am Kathy F.	◆ H.I.I.T ADV. 6:15am-7:00am Daniel F. (1/4)		Cycling 6:15am-7:15am Kathy F.		
Step & Pump 8:15am-9:10am Susan P.	AB LAB 15 8:00am-8:15am Deborah H.	Step & Pump 8:15am-9:10am Susan P.	AB LAB 15 8:00am-8:15am Deborah H.	◆ H.I.I.T ADV. 8:15am-9:15am Andrea G. (1/6)	Cycling 8:15am-9:15am Susan P.	Cycling 8:15am-9:10am Linda W.
Cycling 8:15am-9:15am Kathy F.	Power Sculpt 8:15am-9:05am Deborah H.	Cycling 8:15am-9:15am Ellen S.	Power Sculpt 8:15am-9:05am Deborah H.	Cycling 8:15am-9:00am Linda J.	BOXING 8:30am-9:25am Mr. G	Cycling 9:20am-10:15am Linda W.
	Cycling 8:30am-9:30am Linda J.		Cycling 8:30am-9:30am Ellen S.			Zumba 9:30am-10:30am Alees L.
Mix It Up 9:20am-10:15am Ellen S.	gTonnicks 9:00am-10:00AM Mr.G (Room 2)	Mix It Up 9:20am-10:15am Ellen S.	Body Rock 9:10am-10am Gaylene C.	X-Training 9:25am-10:25am Linda J.	Cycling 9:20am-10:20am Linda W.	Boxing 9:30am-10:30am Daniel F. (Room 2) (1/8)
	Body Rock 9:10am-10am Gaylene C.			● Tai Chi Yoga Fusion 9:30am-10:30am Amy H. (Lakeside) (1/6)	Zumba 9:30am-10:30am Natasha R.	
	◆ Adv. Power Yoga 10:05am-11:05am Ellen S.		◆ Adv. Power Yoga 10:05am-11:05am Ellen S.	Zumba Toning 10:30am-11:30am Hilarie S. (1/6)	Inf./Adv. Yoga 10:35am-11:35am Suzie T.	Zumba 10:40am-11:40am Natasha R.
	Balance Ball 11:15am-12pm Ellen S.		Balance Ball 11:15am-12pm Ellen S.	Yoga Mix 12:00pm-1:00pm Amy H.	Zumba 11:45am-12:45pm Betty Y.	Sunday Brunch Yoga 11:45am-12:45pm Betty Y.
Zumba 11:00am-12:00pm Hilarie S. (1/2)		Zumba 11:00am-12:00pm Hilarie S. (1/4)				
Cycle Sculpt 12:00pm-1pm Susan P.	Rapid Fire Cycle Circuit 12:00pm-1pm Susan P. (1/3)	Cycle Sculpt 12:00pm-1pm Susan P.	Rapid Fire Cycle Circuit 11:30am-12:30pm Don N. (1/5)	Cycling 12:00pm-1:00pm Andrea G.		
Yoga-Mix 12:05pm-1pm Amy H.	● Hatha Yoga 12:05pm-1pm Amy H.	Ab-Lab 12:05pm-12:35pm Deborah H.	● Hatha Yoga 12:05pm-1pm Amy H.			
		● Simply Stretch/Yoga 12:35pm-1:00pm Deborah H.				
Savvy Sr. Fitness 1:15pm-2:15pm Christine F. (1/2)		Savvy Sr. Fitness 1:15pm-2:15pm Susan P. (1/4)				
Pilates 4:30pm-5:30pm Ellen S.		Pilates 4:30pm-5:30pm Ellen S.				
Cycling 5:30pm-6:30pm John J.		Cycling 5:30pm-6:30pm John J.	Extreme Teen 5:00pm-5:45pm Daniel F. (Tennis Deck) (1/5)			
Cardio HipHop 5:35pm-6:30pm Gaylene C.	H.I.I.T 5:30pm-6:30pm Julie M. (1/3)	Zumba 5:35pm-6:30pm Natasha	Body Blast 5:30pm-6:30pm Gaylene C.	Int./Adv. Yoga 5:30pm-6:30pm Amy H.		
Abs/Buns & Thighs 6:35pm-7:30pm Alees L.	Boxing 6:00pm-7:00pm Mr. G (Room #2)	gTonnicks Fusion 6:35-7:30pm Mr. G	Boxing 6:00pm-7:00pm Daniel F. (playground) (1/5)			
● Beg. Cycle 6:45pm-7:30pm Deborah H. (1/2)	Vinyasa Flow Yoga 6:35pm-7:35pm Amy H.	Cycle 45 6:45pm-7:30pm Natasha	Vinyasa FlowYoga 6:35pm-7:35pm Amy H.			
● Beg.Yoga 7:35pm-8:15pm TBD (1/2)	Cycling 6:30pm-7:30pm Natasha R.	Yoga 45 7:30pm-8:15pm Alees L.	Cycling 6:30pm-7:30pm Andrea G.			



RED
= NEW OR CHANGED
INFORMATION
● = BEGINNER CLASS
◆ = ADVANCED CLASS

AQUATIC FITNESS SCHEDULE

8:50am-9:50am Olysia		8:50am-9:50am Olysia		8:50am-9:50am Olysia	8:50am-9:50am Lori R.	
AQUA ZUMBA 10:10am-11:10am Betty Y.	10:10am-11:10am Christine F.	10:10am-11:10am Deborah H.	10:10am-11:10am Don N.	10:10am-11:10am Olysia	10:10am-11:10am Lori R.	10:10am-11:10am Katie W.
	5:30pm-6:30pm Lori R.		5:30pm-6:30pm Lori R.			

**FOR PRIVATE TRAINING INFORMATION:
PLEASE CONTACT MR.G (818) 735-0999**



FITNESS CLASS DESCRIPTIONS:

ACTION PACKED:

BOXING: Bring out the boxing gloves and heavy bags! Have a blast with this boxing based full body conditioning class!

BODY BLAST: Total body conditioning with aerobics, weights, balance ball, exercubes to strengthen condition align and tone!

H.I.I.T. (black diamond): High Intensity Interval Training for the advanced clientele. Get ready to kick it up a notch with this exhilarating, high energy, non-stop athletic training class

POWER SCULPT: Powerful body sculpting, toning, and strength building. Internal (your own body weight) and external (using umbbells, exercubes, step, etc.) resistance.

X-TRAINING: Intense and controlled interval training with weights & cardiovascular with weights, bars and bands.

Mix It Up: Cardiovascular aerobic training, kickboxing, plyometrics, dance, resistance training for long lean arms, tight abs and bottoms.

Extreme Teen: Athletic sports conditioning for the young athlete. Hit every muscle group as you zip through stations of different fitness equipment from bosu balls, jump ropes, medicine balls and more.

Rapid Fire Cycle Circuit: Increase your speed, agility, and strength and prepare to sweat with outside circuit training mixed with indoor cycling intervals. Regular tennis shoes ok.

MUSCLE WORK:

AQUA-FIT: A cardio and resistance workout in the pool for the water lovers. This is a weather dependent class

AB LAB 30: Rip your abs in 30 min. on your lunch break.

BALANCE BALL FITNESS: Work's upper and lower body. Strengthen tones, and conditions core muscles. Teaches breathing and proper alignment.

gTonnicks Fusion: Unique combination of free weights, body weight and the Body Balance Bar for complete body shaping, strength building, and toning!

Abs/Buns & Thighs: It is in the name! This class is designed to tone, tighten, shape and strengthen those pesky Problem areas.

Savvy Senior Fitness: Light hand weights and resistance bands are used to sculpt and tone. This class is designed to increase endurance, balance, strength, bone density and flexibility. Recommended for 50 and over.

CHILL OUT:

BEGINNING YOGA: A 30-minute class designed to familiarize you with the yoga classes. You will learn body placement, and safety standards to take the yoga classes.

HATHA YOGA: A gentle relaxing yoga practice. Gain flexibility and strength and learn to relax in otherwise stressful situations.

YOGA MIX: A fusion of all methods of yoga practices. All levels welcome.

ADVANCED POWER YOGA: Powerful yoga poses designed with strength, flexibility and balance combinations. Experienced yoga levels recommended.

INT. / ADV. YOGA: Intermediate and advance yoga experience recommended for these powerful yoga poses designed with strength, flexibility and balance combinations.

VINYASA FLOW YOGA: Yoga poses linked together with breath and fluidity. Expect to move or flow through the poses to create balance between body and mind.

PILATES: A mat class based on the Joseph Pilates (1930's) method for balancing, repairing and strengthening the body for athletes and the general population.

SIMPLY STRETCH/YOGA: Take the 30 min. quickie to stretch and relax and re-power for your day!

SUNDAY BRUNCH YOGA: Relax, renew & rejuvenate the body and mind to start your week. SUNDAY BRUNCH Yoga is a beginning/intermediate class with all levels welcome and wanted.

DANCE RHYTHMS:

BODY ROCK: Salsa/Rumba/ChaCha your way to a better body. Mix in some weights for strength and toning and have fun doing it!

ZUMBA: Dance your way to fitness. Easy to learn, fun dance workout to shape and tone and improve your cardio

Zumba Toning: Love Zumba??? You'll really dig this..... Zumba with light hand weights to tone and sculpt the arms shoulders & back. What

RIDE ON:

BEGINNING INDOOR CYCLE: A non-impact 45 minute class designed to familiarize you with spin/cycle workouts. You will learn body placement and proper form.

CYCLING: Indoor cycling class with warm-up and a stretch. Like a spin class. More advanced. Take the beginning cycle class first.

CYCLE/SCULPT: Not just a cycling class. You use the spin bike as a tool to sculpt your legs as well as weights and core training.

AB-LAB: 15 Minutes NON-STOP abs CYCLE 45 Indoor Cycle class 45 minutes Yoga 45 Classic Yoga 45 minutes



VISIT WWW.CALABASASTSC.COM
OR CONTACT DEBORAH HEUMANN (818) 222-2782 EXT. 118
FOR PRIVATE OR GROUP TRAINING:
PLEASE CONTACT gTonnicks (818) 735-0999 WWW.GTonnicksfitness.COM

