

# GROUP EXERCISE SCHEDULE

## UPSTAIRS STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	5:30 - 6:15 a.m. <b>SPINNING</b> Pilar		5:30 - 6:15 a.m. <b>SPINNING</b> Pilar			
	8:30 - 9:30 a.m.  <b>ZUMBA</b> Toning Diana	8:30 - 9:30 a.m.  <b>ZUMBA</b> Diana			9:00 - 10:00 a.m. <b>Mix It Up</b> Tami	
9:15 - 10:15 a.m. <b>CIRCUIT</b> Tracy T.	9:30 - 10:30 a.m. <b>Pilates</b> Melissa	9:30 - 10:30 a.m. <b>SPINNING</b> Zachary	9:30 - 10:30 a.m. <b>Pilates</b> Patti	9:15 - 10:15 a.m. <b>SPINNING</b> Zachary	10:00 - 11:00 p.m.  <b>ZUMBA</b> Sandra	
10:30 - 11:30 a.m. <b>YOGA</b> Bruce		10:45 - 11:45 a.m. <b>YOGA</b> Bruce		10:30 - 11:30 a.m. <b>YOGA</b> Bruce	11:30 - 12:30 p.m. <b>YOGA</b> Nagina	
						
6:30 - 7:30 p.m. <b>GLOBAL GROOVES</b> Staci	6:30 - 7:30 p.m. <b>Pilates</b> Bruce	6:30 - 7:30 p.m. <b>Mix It Up</b> Tami	6:30 - 7:30 p.m. <b>Pilates</b> Bruce	6:00 - 7:00 p.m. <b>YOGA basics</b> Wendy		
7:30 - 8:30 p.m. <b>SPINNING</b> Pilar	7:30 - 8:30 p.m.  <b>ZUMBA</b> Kirstin	7:30 - 8:30 p.m. <b>YOGA</b> Jinevra	7:30 - 8:30 p.m. <b>SPINNING</b> Pilar			

**Lakeridge Athletic Club**

6350 San Pablo Dam Road El Sobrante, CA. 94803 510-222-2500

# CLASS DESCRIPTIONS

## **Beg. AEROBICS (beg./int.)**

An innovative class combining low-impact aerobic movements with weight intervals. Geared towards the novice aerobics exerciser, seniors, and rehabilitation patients.

## **CIRCUIT (all levels)**

(stretch/weights/energy/aerobics/toning)

A circuit-type training class with different workout stations (step, jump rope, bicep curl, etc.). You perform different exercises at each station for several minutes until you complete the entire circuit. An new and exciting way to burn calories and get an overall body workout.

## **HIIT (intermediate)**

HIIT, or High Intensity Interval Training, is a training technique in which you give an all out, 100% effort through quick, intense bursts of exercise, followed by short, but sometimes active, recovery periods.

## **MIX IT UP (all levels)**

A great class with variety which includes different forms of cardiovascular exercises including step, cardio kickbox, cardio dance, and other floor work ***and*** body sculpting using free weights, resistance bands and stability balls. If you want to keep your body guessing, this is the class for you.

## **PILATES (all levels)**

A beginning class but also suitable for intermediate exercisers. Focuses on overall body conditioning, stresses core body strength, and incorporates Pilates-type floor training with mats, foam rollers, and balls.

## **SPINNING (all levels)**

High intensity indoor group cycling classes taught by certified cycling instructors. If you are serious about burning ***FAT***, this is the class for you!

## **TAI CHI (all levels)**

An ancient form of meditation and exercise using non-aggressive, martial arts, body movements.

## **TRX (all levels) fee-based class**

Developed by Navy Seals, TRX Suspension Training allows you to use your own body weight and gravity as resistance putting you in control to safely increase or decrease the resistance. The TRX straps let you combine and recreate entire body movements and motions that functionally engage your core and other major muscle groups involved in specific movements. This flexibility allows users of any fitness level to make progress.

## **YOGA (all levels)**

Learn different Yoga forms and postures while incorporating correct breathing techniques for an overall sense of well-being. Some classes may focus on more challenging poses and work at a deeper level of meditation.

## **YOGA basics**

Whether you're new to yoga or you're already hooked, this class reinforces the essentials for a safe, strong, and stress-relieving practice. People of all sizes, ages, and fitness levels are welcome to join the fun!

## **ZUMBA (all levels)**

The latest dance/aerobics craze fusing hypnotic Latin rhythms and easy to follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## **ZUMBA Toning (all levels)**

Same as ZUMBA but incorporates hand weights for resistance training and additional calorie burning!

**Please let your instructor know if you are taking a class for the first time!**