



MEMBER INCLUSIVE CLASSES

NEW PILATES - MAT BASED This popular exercise method is focused on enhanced breath, flexibility of the spine, and balanced development of the muscles to improve alignment and posture. Pilates develops awareness of the whole body movement and can easily be adapted for most fitness levels.

BODY CONDITIONING CHALLENGE A strength training class, which incorporates all major muscle groups, concentrating in strength and endurance.

BREATHING AND MOVEMENT A class designed for aging adults featuring instructions on safe and effective movements and stretching. Exercises emphasize breathing, posture and strength conditioning.

 **FLOW YOGA** This class concentrates on balancing and energizing the body using breath and technique. Beginners and all levels welcome!

 **IYENGAR YOGA** This is a system of yoga emphasizing strength, balance, and alignment. Our instructors are BKS Iyengar certified and present Yoga with humility and humor, making it a class for all levels.

WORLD MOVEMENT: featuring CUBAN DANCE This energetic, rhythmic class taught via Cuban and Caribbean music is designed for all levels interested in enjoying and learning new ways to move.

ZUMBA GOLD Designed to be approachable by all ages, regardless of fitness levels, with the simple goal of moving and have fun to motivating and lively music!

OPEN SESSIONS (OS)

We also offer Member Inclusive Open Sessions (OS) as additional group exercise opportunities. These open sessions may be led by class participants as independent workouts in a group environment.

PICKLEBALL BASICS What is thirty-three percent tennis, thirty-three percent badminton and thirty-four percent ping-pong, equal? 100 percent fun! Come learn all the basics of Pickleball in these introductory sessions.

POP-UP SPIN This high energy, cardiovascular, sixty minute workout is designed for individuals with prior experience indoor spin bike experience.

T'ai CHI Often described as mediation in motion, this ancient graceful exercise is used for stress management and wellness.

Guest Pass rates available for all classes for non-members.

WEEKLY CLASS SCHEDULE



FEBRUARY 2019



HAVE YOU TRIED ONE OF OUR **YOGA CLASSES?**

SUN	MON	TUES	WED	THUR	FRI	SAT
9 - 12:00 PM Open Doubles (OS)			8:30 - 9:30 AM Pickleball Basics (OS)			8:45 - 9:45 AM Pop-Up Spin (OS)
9:30 - 10:30 AM Zumba Gold! GENNY P.	9:30 - 10:00 AM T'ai Chi (OS)		9:30 - 10:00 AM T'ai Chi (OS)		9:30 - 10:00 AM T'ai Chi (OS)	
11 - 12:00 PM Pilates HILDA	10:15 - 11:00 AM Breath & Move PHIL		10:15 - 11:00 AM Breath & Move GENI		10:15 - 11:00 AM Breath & Move GENI	10:15 - 11:15 AM Body Condition MELINDA
	6 - 7:00 PM World Movement: Cuban Dance CARLOS		5:30 - 6:45 PM Iyengar Yoga ROBIN 		11:15 - 11:45 AM Breath & Meditate GENI	11:30 - 12:45 PM Iyengar Yoga ROBIN 
	7 - 8:00 PM Pop-Up Spin (OS)	6 - 7:00 PM Body Condition MELINDA	7 - 8:00 PM Pop-Up Spin (OS)	6:15 - 7:30 PM Flow Yoga RICHARD 		

Please remember to always check-in with the Front Desk Staff before attending any class. This helps us ensure accurate class attendance counts.

BODY CONDITIONING CHALLENGE

A UNIQUE BLEND OF:

Cardio + Core + Conditioning + Circuit Training

A strength training class, which incorporates all major muscle groups, concentrating in strength and endurance. Perfect for those who want to get the most out of their work out. Just bring your water bottle and prepare to sweat!

6 – 7:00 PM

Tuesday Evenings

10:15 – 11:15 AM

Saturday Mornings

MONTHLY MEMBERSHIP RATES

INDIVIDUAL	SENIOR	RESIDENT
69.	55. <i>beginning at age 55</i>	45. <i>1333 Gough leaseholders exclusive</i>

+95. ONE-TIME INITIATION FEE

MEMBERSHIP RATES ARE PER INDIVIDUAL.

GUEST PASSES

SINGLE PASS	CLASS SERIES	FULL SERIES
15. <i>per class.</i>	125. <i>10 class passes.</i>	200. <i>10 class passes with full facility privileges.</i>

TAKE THE **BODY** CONDITIONING CHALLENGE

CARDIO + CORE + CONDITIONING + CIRCUIT TRAINING



FEBRUARY

FITNESS CENTER HOURS

M- F 6 AM - 9 PM
S - S 8 AM - 6 PM

415.346.3868

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