

# FEATURED FITNESS CLASSES

GROUP EXERCISE CLASS SCHEDULE

# MAR 2020



The fitness classes listed below are included with your membership, or are open to the public for \$8-\$10 per class.

MONDAY	
6-7:30a	<b>OPEN STUDIO</b>
7:30-8:30a	<b>Pilates Ann</b>
8:30-9:30a	<b>Cycling Kathy</b>
9:30-10:45a	<b>Yoga Chandra</b>
10:45-11:45a	<b>PlyoJam Kat</b>
12:00-1p	<b>Muscle Cond. Christine</b>
1:15-2:15p	<b>Sr. Fitness Trissa</b>
2:15-5:15p	<b>OPEN STUDIO</b>
5:15-6:15p	<b>Cycling Janice</b>
6:15-7:15p	<b>Strength &amp; Core Janice</b>
7:15-8:15p	<b>Zumba Natalie</b>
8:15-10p	<b>OPEN STUDIO</b>

TUESDAY	
6-8:30a	<b>OPEN STUDIO</b>
8:30-9:30a	<b>Muscle Cond. Christine</b>
9:30-10:30a	<b>Tone &amp; Stretch Patrice</b>
10:30-11:30a	<b>Yoga Sculpt Alanie</b>
11:30-12:45p	<b>Ballet Slim &amp; Trim Ann</b>
1:15-2:15p	<b>Sr. Fitness Trissa</b>
2:15-5:15p	<b>OPEN STUDIO</b>
5:15-6:15p	<b>Step N Sculpt Christine</b>
6:15-7:15p	<b>Spinervals Janice</b>
7:15-8:15p	<b>PlyoJam Kat</b>
8:15-10p	<b>OPEN STUDIO</b>

WEDNESDAY	
6-8:30a	<b>OPEN STUDIO</b>
8:30-9:30a	<b>Cycling Kathy</b>
9:30-10:30a	<b>Circuit Cardio Janice</b>
10:30-11:30a	<b>Yoga Sheryl</b>
1:15-2:15p	<b>Sr. Fitness Trissa</b>
2:15-5:15p	<b>OPEN STUDIO</b>
5:15-6:15p	<b>Muscle Cond. Trissa</b>
6:15-7:15p	<b>Pilates Trissa</b>
7:15-8:15p	<b>Yoga Patrice</b>
8:15-10p	<b>OPEN STUDIO</b>

THURSDAY	
6-7a	<b>OPEN STUDIO</b>
7-8a	<b>Cycling Kathy</b>
8-9a	<b>Tone &amp; Stretch Patrice</b>
9-10a	<b>Muscle Cond. Christine</b>
10-11a	<b>Body Blast Janice</b>
11a-12p	<b>Zumba Toning Maria</b>
12-1p	<b>Lunch Hour Yoga Sheryl</b>
1:15-2:15p	<b>Sr. Fitness Trissa</b>
2:15-5:15p	<b>OPEN STUDIO</b>
5:15-6:15p	<b>Step N Sculpt Christine</b>
6:15-7:15p	<b>Spinervals Missy</b>
7:15-8:15p	<b>Zumba Natalie</b>
8:15-10p	<b>OPEN STUDIO</b>

FRIDAY	
6-7:30a	<b>OPEN STUDIO</b>
7:30-8:30a	<b>Pilates Ann</b>
8:30-9:30a	<b>Cycling Kathy</b>
9:30-10:30a	<b>Zumba Sculpt Natalie</b>
10:30-11:30a	<b>Zumba Natalie</b>
11:35a-1p	<b>Yoga Patrice</b>
1:15-2:15p	<b>Sr. Fitness Trissa</b>
4:30-5:30p	<b>Bootcamp Trissa</b>
6:15-7:15p	<b>Zumba Natalie</b>
7:15-10p	<b>OPEN STUDIO</b>

SATURDAY	
6-8a	<b>OPEN STUDIO</b>
8-9a	<b>Boxing Bootcamp Auna</b>
9-10:15a	<b>Yoga Chandra</b>
10:30-11:30a	<b>Zumba/BollyX Zini</b>
11:30-12:30p	<b>Pilates Trissa</b>
12:30-1:45p	<b>Ballet Slim &amp; Trim Ann</b>
5-7p	<b>OPEN STUDIO</b>
SUNDAY	
6-8a	<b>OPEN STUDIO</b>
8-9a	<b>Meditation &amp; Sound Bath Astrid</b>
9:30-10:30a	<b>PlyoJam Kat</b>
10:30a-12p	<b>Yoga Patrice</b>
12-6p	<b>OPEN STUDIO</b>

**Note:**  
Changes from last month's schedule are highlighted in this color.

**HOLIDAY SCHEDULE**  
**NO CLOSURES**

AGOURA HILLS/CALABASAS 27040 Malibu Hills Rd  
**AHCCC** Calabasas, CA 91301  
 COMMUNITY CENTER 818-880-2993  
 www.ahccc.org

## **CLASS DESCRIPTIONS**

**Ballet, Slim & Trim:** The barre is a real workout and the “center” works on grace, alignment and balance. Great way to tone!!

**Body Blast:** An hour of resistance training combined with a cardio workout which uses either LISS (low intensity steady state) or HIIT (high intensity interval training) to give you a total body workout.

**BollyX** is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated.

**Bootcamp:** Intense nonstop heart-pounding cardio workout in a bootcamp style environment that will be sure to challenge every fitness level. Includes weights, plyometrics, kickboxing and core strengthening.

**Boxing Bootcamp:** Get your heart rate up with this cardio boxing class that incorporates strength training, muscular endurance, core work and lots of fun and great music! You are sure to leave feeling energized, pumped and strong!

**Circuit Cardio:** Combines cardio and strength moves that will blast fat and sculpt muscles using a series of circuit exercises designed to engage every part of the body.

**Cycling:** Indoor, multi-level cycling for a great cardio workout. Please put your cycling shoes on once your bike is set up to avoid damage to the wood floors. Towels are strongly recommended.

**Meditation & Sound Bath:** Increase mental clarity, reduce stress, and alleviate excess tension, depression and chronic pain. Become less reactive and more able to calmly handle the daily and major stressors in life. Feel immediate peace and relaxed ease after just one class.

**Muscle Conditioning:** Full body resistance workout, using weights for a challenging and effective workout.

**Pilates:** Trim & strengthen your core to promote alignment, flexibility, posture, endurance and general health. Beginners welcome!

**OPEN STUDIO:** Bring your own ear buds and customize your own personal workout routine. Spin bikes, jump ropes, steps, straps, mats, weights and medicine balls are available for use or bring your own gear. Members and non-members may attend. Quiet activities like yoga and meditation are not recommended as there could be several different people doing different exercises.

**Pilates/Yoga:** A combination of Pilates & Yoga exercises to strengthen your core, promote alignment, endurance, increase flexibility & mental calmness. 15 minutes of meditation at the end of class. **Sweatshirt recommended.** All levels welcome!

**PlyoJam:** PlyoJam infuses easy to follow Hip Hop moves and plyometric-inspired movements to create a dance fitness exercise unlike any other. These routines are set to your FAVORITE Hip Hop and Top 40 hits... you will shred serious calories while having a blast!

**Senior Fitness:** A fun sculpt and tone class that will increase strength endurance, flexibility and bone density, using light weights and resistance bands. Recommended for ages 55+.

**Spinervals:** A combination of interval training on the bike with strength and conditioning training off the bike.

**Spiritual Fitness:** Come shake, twist, flow and breathe with Auna. Get ready to wake up your spirit in this mind, body, soul awakening class. Bring a Yoga mat and water.

**Step N Sculpt:** Cardiovascular workout using both step and weight intervals. Ab/core exercises included.

**Strength & Core:** Class combines cardio, strength and core training to bring your body results! Resistance circuit training that incorporates dumbbells, resistance bands, stability balls, and gliding disks. Build stamina, strengthen bones and prevents injuries!

**Tone & Stretch:** Gentle stretches, core strength and balance exercises to tone your body.

**Yoga:** Come unwind while you stretch, meditate and relax in this multi-level class. Yoga compliments other forms of exercise and promotes strength, balance, circulation and flexibility through posture, correct alignment, and breath. **A blanket, sweatshirt or sweater is recommended.**

**Yoga Sculpt:** A faster paced yoga class that includes weights, deigned to sculpt your body!

**Zumba:** High energy and motivating, easy-to-follow dance routines. Features aerobic/fitness interval training and body sculpting movements. Fun and great for the body and mind!

**Zumba Sculpt:** Zumba with light weights for extra strength training!

**Zumba Toning:** Zumba with toning sticks to add strength training into the mix.

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## **RULES & ETIQUETTE**

Classes operate on a first-come, first-served basis.

Towels are recommended, not provided.

When arriving late, please set up in the back of the room.

If you are not following the instructor closely, please set up in the back of the room.

If you are in the Dance Studio during a scheduled class, you must be participating and following the instructor.

No cell phones in class, please step outside if you need to take a call. No talking/disruptions in class.

Please bring a bottle of cool water and a moist towel if you get warm, and a sweatshirt if you tend to get cold.

All classes and instructors are subject to change.

## **HOURS OF OPERATION**

Mon-Fri 6am-10pm

Sat 7am-7pm

Sun 7am-6pm