



RANCHO VALENCI
resort & spa

Fitness Schedule

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Sweat Cycle</u> *Family Fit 9:00-10:00 CARLOS</p> <p><u>Sweat Cycle</u> 10:15-11:15 JENN</p>	<p><u>Sweat Cycle</u> 9:00-10:00 MARK</p> <p><u>Sweat Cycle</u> 5:30-6:30pm CARLOS</p>	<p><u>Pedal Strong</u> 7:00-8:00 MAY</p> <p><u>TRX HIIT</u> 8:15-8:45 Terrace Studio MAY</p> <p><u>Pedal Strong</u> 9:00-10:00 ADAM</p> <p><u>TRX ARMS</u> 10:30-11:00 Terrace Studio STACIE</p>	<p><u>Pedal Strong</u> 7:00-8:00 ADAM</p> <p><u>TRX TUSH</u> 8:15-8:45 Terrace Studio MAY</p> <p><u>Sweat Cycle</u> 9:00-10:00 MARK</p> <p><u>TRX-Tennis</u> 11:30-12:30 Terrace Studio MELODIE</p> <p><u>Pedal Strong</u> *Family Fit 5:30-6:30pm ADAM</p>	<p><u>Sweat Cycle</u> 7:00-8:00 CARLOS</p> <p><u>TRX TBC</u> 8:15-8:45 Terrace Studio MAY</p> <p><u>Sweat Cycle</u> 9:00-10:00 JENN</p> <p><u>TRX ABS</u> 10:30-11:00 Terrace Studio STACIE</p>	<p><u>TrueRide</u> 7:15-8:15 LENITA</p> <p><u>Pedal Strong</u> 9:00-10:00 MAY</p> <p><u>TRX-Tennis</u> 11:30-12:30 Terrace Studio MELODIE</p>	<p><u>Sweat Cycle</u> 8:00-9:00 MARK</p> <p><u>Sweat Cycle</u> 9:15-10:15 LINDSAY</p>

TRX Offerings:

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. With the TRX Suspension Trainer you are in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. The TRX Suspension Trainer allows you to use your bodyweight so you can safely and effectively get more out of your flexibility and mobility training, making it a great addition to any workout program.

Here at Rancho Valencia Resort & Spa we offer exciting, challenging and mindful TRX classes that are appropriate for all fitness levels.

- **TRX HITT:** The TRX Suspension Trainer meets High Intensity Interval Training! This class is sure to get your heart rate up and challenge your body head to toe.
- **TRX TBC:** A Total Body Workout (TBC) that incorporates the TRX Suspension Trainer and other equipment to give you a comprehensive workout in one invigorating class!
- **TRX TUSH:** It's all about the booty! This class focuses on the legs and gluteus muscles to help build strength, length and flexibility in the lower body.
- **TRX ARM:** With all this San Diego sunshine it's important to keep those bi's and tri's in shape. This class is designed to focus on the upper body making sure you're never up-in-arms about putting on a tank top!
- **TRX ABS:** It's all about the core in this abdominal focused class. TRX Abs is great not only for chiseling your six pack but for building and maintaining healthy posture and trunk flexibility.

Spin Offerings:

Spin classes offer a unique combination of high- energy music and cycling- inspired rides taught by some of Rancho Valencia's elite spin instructors. Classes are uniquely tailored to a wide range of abilities and fitness goals and are taught on our state of the art Keiser M3+ bikes.

PEDAL STRONG: This class combines visualization, RPM and strength coaching driven by great music and empowering instructors.

SWEAT CYCLE: Get sweaty with drills, endurance challenges and upbeat music that are sure to get your hips and heart pounding.

TRUE RIDE: Designed for the cycling enthusiast, True Ride is a goal-focused, progress- oriented cycling experience that pushes endurance, strength and power thresholds. Focusing on power zone, variable and progressive interval training, True Riders of all skill levels ride side by side to high energy music and motivational cueing to push them to the next level both in class and on the road.

Family Fit Offerings:

Family fit classes are offered to all spa members and their children between the ages of 10-17 year old. Children must be accompanied by an adult at all times. Children under 18 years of age do not have access to the spa pool and may only access the specific family fit class during their visit.