



AT RANCHO VALENCIA

MOVEMENT STUDIO / FITNESS CLASS

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Spin- 1 ½ hr</u> 8:30-10:00am Victor	<u>Spin</u> 6:30-7:30am Victor	<u>Spin</u> 7:15-8:15am Lenita	<u>Spin</u> 7:00-8:00am Carlos	<u>Spin</u> 7:15-8:15am Jennifer	<u>Spin</u> 7:30-8:30am Lenita	<u>Spin</u> 8:00-9:00am Carlos
<u>Hatha Yoga</u> 10:30-11:30am Renee	<u>Power Yoga</u> 7:45-8:45am Lauren	<u>Outdoor Fitness</u> 8:30-9:30am Sport Court	<u>Reformer Pilates \$</u> 9:00-10:00am Stacie	<u>Cardio/ TRX</u> 8:30-9:30am Sport Court Sean	<u>Zumba</u> 9:00-10:00am Karla	<u>Reformer Pilates \$</u> 9:00-10:00am Stacie
	<u>Reformer Pilates \$</u> 9:00-10:00am Stacie	<u>Ballet Sculpt</u> 9:30-10:30am Jeannine	<u>Spin</u> 9:15 to10:15am Jennifer	<u>Ballet Sculpt</u> 9:30-10:30am Jeannine	<u>Reformer Pilates \$</u> 10:00-11:00am Stacie	<u>Cardio/TRX</u> 9:00-10:00am Sport Court
	<u>Spin</u> 9:00-10:00am Mark	<u>Cardio-Sculpt</u> 10:30-11:15am Sean	<u>Abs Blast</u> 10:30-11:00am Sean	<u>Cardio-Sculpt</u> 10:30-11:15am Sean	<u>Abs Blast</u> 10:30-11:00 Sean	<u>Hatha Flow Yoga</u> 9:15-10:30am Carol
	<u>Yoga</u> 10:15-11:30am Josh	<u>Reformer Pilates \$</u> 10:30-11:30am Jeannine	<u>Cardio/ TRX</u> 11:00-12:00pm Sport Court Sean	<u>Reformer Pilates \$</u> 10:30-11:30am Jeannine	<u>Tennis-TRX</u> 11:00-12:00pm Sport Court Sean	<u>Ballet Sculpt</u> 10:30-11:30am Jeannine
	<u>Tennis-TRX</u> 11:00-12:00pm Sport Court Sean		<u>Hatha Yoga</u> 12:00-1:00pm Renee		<u>Power Yoga</u> 12:00-1:00pm Stacie	
	<u>Cycore</u> 5:30-6:30pm Jeannine	<u>Power Yoga</u> 5:30-6:30pm Stacie		<u>Cardio-Sculpt</u> 5:30-6:30pm Stephanie		

\$- Reformer Pilates classes are offered at an additional cost. For information regarding pricing and availability, please contact the spa front desk at 858-759-6490.

Outdoor Fitness

This is a circuit training session that includes a variety of effective exercises designed to tone, strengthen and keep you energized. All levels are welcome and each participant may go at their own pace. It is held outdoors on our croquet lawn which is an invigorating alternative to the gym. Get ready for a work-out that you cannot wait to try again.

Spin

Spin classes offer a unique combination of high- energy music and cycling- inspired rides taught by some of San Diego'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.

Hatha Yoga

All levels are welcome to this stretch/yoga class. This class incorporates traditional Hatha Yoga poses linking breath and movement. Benefits you will receive will be increased flexibility and quieting of the mind as you stretch and strengthen your body.

CyCore; Spin/Yoga:

The Cy-Core class is an hour long class that pairs the intense cardio workout of indoor cycling with the lengthening, strengthening and toning benefits of yoga. After a 30 minute ride on the indoor cycling bike set to inspirational, upbeat music playlists that change weekly, your muscles are warm and ready to hit the yoga mats for 30 minutes of intensive stretching and strength building. With an emphasis on integrating breath and movement for optimum athletic performance in and out of the gym, the Cy-Core class is perfect for increasing stamina, strength and flexibility in just 60 minutes.

Power Yoga

A challenging workout that will leave you with a feeling of peace. This class aspires to improve the connection between body and mind raising ones awareness to a higher level. The breath initiates each movement to create a fluid flow between yoga poses. The class design is unique and created to challenge the student while leaving the option of modification for those newer to yoga.

Yoga Sculpt

This yoga class is formulated around balance & strength training that features a variety of yoga postures with the use of light free weights. The class format is specifically developed to tone and increase your balance. The slow pace and challenging sequence help to build heat, stamina, lean muscle mass, and increase flexibility. Practice to up beat music! Great for all yoga levels.

Reformer Pilates \$

Whether you want to improve your posture, tennis game, golf swing, flexibility, mobility or core strength, Pilates can help you! This small-group setting takes place in our custom reformer-studio and is available 6 days a week. For reservations and pricing inquiries, please contact the spa front desk.

Ballet Sculpt

Ballet Sculpt is an intense, hour long class that combines the fat burning and cardio benefits of ballet, with the toning and slimming benefits of Pilates. Set to energizing music, and utilizing small movements, low weights, and a ballet barre, Ballet Sculpt classes shape and sculpt the body quickly and safely.

Cardio Sculpt

This class combines cardiovascular work and fat-burning techniques with an emphasis on total body sculpting, with use of light weights, for a fun hi/low workout. Great for all fitness levels.

Cardio-TRX

This class takes suspension-training class is designed to combine cardio, power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Expect to sweat it out as you are taken through a variety of highly effective exercises that constantly keep the body guessing and the mind active.

Tennis- TRX

Open to guests of all skill levels, this class combines TRX exercises with tennis- based drills to help improve strength and agility both on and off the tennis court

Zumba

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.