



AT RANCHO VALENCIA

OUTDOOR FITNESS CLASS

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>TRX- Bootcamp</u> 9:00-9:45am Sport Court	<u>Outdoor Fitness</u> 9:00-10:00am Sport Court	<u>Cardio/ TRX</u> 9:00-9:45am Sport Court	<u>Outdoor Fitness</u> 9:00-10:00am Sport Court	<u>TRX- Bootcamp</u> 9:00-9:45am Sport Court	<u>Cardio/TRX</u> 9:00-9:45am Sport Court
		<u>Ballet Sculpt</u> 10:00-11:00am Sport Court		<u>Ballet Sculpt</u> 10:00-11:00am Sport Court		<u>Outdoor Yoga</u> 10:00-11:00am Sport Court
			<u>ABS</u> 10:30-11:00am Sport Court		<u>ABS</u> 10:30-11:00am Sport Court	
	<u>Tennis-TRX</u> 11:00-12:00pm Sport Court	<u>Cardio/ TRX</u> 11:00-11:45am Sport Court	<u>Tennis-TRX</u> 11:00-12:00pm Sport Court	<u>Cardio/ TRX</u> 11:00-11:45am Sport Court	<u>Tennis-TRX</u> 11:00-12:00pm Sport Court	

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

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.

TRX- Boot Camp

This circuit training style TRX class incorporates a variety of outdoor fitness and Cardio-TRX based workout stations at a fast-paced, high intensity exercise level for 45 minutes.

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.

ABS

Looking to challenge your abs? Look no further! Utilizing a combination of bosu ball and mat- based exercises, this 30 minute circuit class will increase your core strength while helping define your abs like never before!

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