



RANCHO VALENCIA
resort & spa

Fitness Schedule

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><u>Spin</u> 7:00-8:00 SEAN</p>	<p><u>Spin</u> 7:00-8:00 ADAM</p>	<p><u>Spin</u> 7:00-8:00 CARLOS</p>	<p><u>TrueRide</u> 7:15-8:15 LENITA</p>	<p><u>Spin</u> 8:00-9:00 MARK</p>
<p><u>Spin</u> 9:00-10:00 CARLOS</p>	<p><u>Spin</u> 9:00-10:00 MARK</p>	<p><u>Spin</u> 9:00-10:00 KEITH</p>	<p><u>Spin</u> 9:00-10:00 MARK</p>	<p><u>Spin</u> 9:00-10:00 JENN</p>	<p><u>Spin</u> 9:00-10:00 ADAM</p>	<p><u>Spin</u> 9:15-10:15 SEAN</p>
<p><u>Spin</u> 10:15-11:15 JENN</p>		<p><u>TRX</u> 10:15-11:00 Fitness Center Balcony SEAN</p>		<p><u>TRX</u> 10:15-11:00 Fitness Center Balcony SEAN</p>		
			<p><u>TRX-Tennis</u> 11:30-12:30 Fitness Center Balcony SEAN</p>		<p><u>TRX-Tennis</u> 11:30-12:30 Fitness Center Balcony SEAN</p>	
	<p><u>Spin</u> 5:30-6:30pm CARLOS</p>		<p><u>Spin</u> 5:30-6:30pm ADAM</p>			

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

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.

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.