TOLUCA LAKE
TENNIS & FITNESS CLUB

GROUP EXERCISE CLASS SCHEDULE

Effective March 1, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30-7:30 a.m. Spin* **Chris**	6:15-7:15 a.m. Spin* **Chris**	6:15-7:15 a.m. Spin/Sculpt/Stretch **Dante**	6:15-7:15 a.m. Bootcamp Style **Dante**	6:15-7:15 a.m. Spin* **Derrick**	7:45-8:45 a.m. Spin* **Chris**	8:30-9:30 a.m. Spin* **TC/Eddie**
	9:00-10:00 a.m. Cardio Boost **Anna**	6:15-7:15 a.m. Cardio Bootcamp **Roderick**	9:00-10:00 a.m. Power Sculpt II **Jenine**	9:00-10:00 a.m. Spin* **Roderick**	6:15-7:15 a.m. Cardio Bootcamp **Roderick**	8:45-9:30 a.m. Sculpt Fusion **Madison**	9:45-10:45 a.m. Spin* **Chris**
	10:00-10:30 a.m. Power Sculpt **Anna**	9:00-10:00 a.m. Spin* **Eddie**	10:00-11:00 a.m. Spin* **Marie/Lori**	10:00-10:30 a.m. Abs & Stretch Core Strength **Roderick**	9:00-10:00 a.m. Power Sculpt II **Jenine**	9:30-10:30 a.m. Spin* **Eddie**	11:00-12:30 p.m. Yoga I (Beg/Inter) **Lauri**
	11:00-12:00 p.m. Ball Tone **Roderick**	10:00-10:30 a.m. Full Body Workout **Eddie**			10:00-10:30 a.m. Mini Spin* **Marie/Lori**	9:30-10:30 a.m. Saturday Groove **Anna**	
		10:35-11:35 a.m. Yoga I (Beg/Inter) **Kimberly**		10:35-11:35 a.m. Yoga I (Beg/Inter) **Kimberly**	10:35-11:35 a.m. Yoga I (Beg/Inter) **Kimberly**	10:00-11:00 a.m Aqua Bootcamp **Shar**	
						10:55-12:25 p.m. Aasatti Yoga™ (deep stretch) **Heidi**	
MID-DAY	12:00-1:00 p.m. Spin* **Eddie**	12:00-1:00 p.m. Cardio Bootcamp **Roderick**	12:00-1:00 p.m. Spin* **Derrick**	12:00-1:00 p.m. Cardio Bootcamp **Roderick**	12:00-1:00 p.m. Spin* **Derrick**	**CLUB POLICY** *For safety reasons and courtesy to others, please arrive to class on time.* *Thank you!*	
	1:00-2:00 p.m. TRX Cross Training **Eddie**		12:00-1:00 p.m. War & Peace **Brian**				
			1:30-2:30 p.m. Yoga-Hatha Flow level 2 **Lauri**				
EVENING	5:30-6:30 p.m. Core Strength & Sculpt **Madison**	5:25-6:25 p.m. Yoga I (Intermediate) **Jenny**		5:25-6:25 p.m. Yoga I (Intermediate) **Jenny**	5:30-6:30 p.m. Mat Pilates **Madison**	**NON-MEMBER CLASS PASSES** *Passes are available for purchase at the front desk.* *$18 for 1 class; $90 for 6 classes* *$125 for 10 classes* *Passes must be used within 60 days of purchase. Classes or instructors may change without notice.*	
	6:30-7:30 p.m. ZUMBA® **Anna**	6:30-7:30 p.m. Bootcamp Boxing **Grant**	5:30-6:00 p.m. Power Sculpt **Roderick**	6:30-7:30 p.m. Bootcamp Boxing **Grant**	6:00-7:00 Cardio Tennis **Chris**		
	6:30-7:30 p.m. Spin* **Derrick**	6:30-7:30 p.m. Spin* **Dante**	6:00-7:00 p.m. Ball Tone **Roderick**	6:30-7:30 p.m. Spin* **Dante**			
		7:30-8:30 p.m. Mat Pilates Sculpt **Roderick**	6:30-7:30 p.m. Spin* **Derrick**	7:30-8:30 p.m. Mat Pilates Sculpt **Roderick**		**HOURS OF OPERATION** *Monday thru Thursday: 6 a.m. - 10 p.m.* *Friday: 6 a.m. - 9 p.m.* *Saturday & Sunday: 7 a.m. - 7 p.m.*	
		7:30-8:30 p.m. Cardio Tennis **Nome**	7:00-8:00 p.m. Cardio Latin Ballroom **Jodie**				

** Attention NEW spinners: Please arrive 15 minutes prior to class start time for instruction & set-up.*

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Visit us on Facebook at "The Sports Center Toluca Lake Tennis Club"

GROUP EXERCISE CLASS DESCRIPTIONS

AQUA BOOTCAMP – An invigorating water workout in our heated outdoor pool that includes cardiovascular and muscle strengthening exercises using a variety of buoyancy equipment which allows for an effective workout that's easy on the joints. Great for all levels. Get fit in the water!

BALL TONE – This fun and sweat inducing workout class uses hand weights & stability balls to tone & strengthen your entire body. A challenging quick paced workout designed to impact metabolism, core & cardio health.

SATURDAY GROOVE – Be the life of your party in this stimulating and motivating class that will have you moving your feet and burning calories at the same time. Full-body workout using light weights & dance moves, no dance experience necessary.

BOOTCAMP BOXING – Put on your boxing gloves and jab, hook and upper cut your waistline away using hardcore boxing techniques. This is not your traditional stop and go boxing workout. Anyone can do it. Reap the benefits of this ultimate calorie burning workout combining boxing, jump rope, strength training and core. Round for round, pound for pound, take the challenge! Wraps REQUIRED. Boxing gloves provided.

BOOTCAMP STYLE – This is an all-in-one power package. A total body workout using a variety of cardiovascular drills and sport specific movements to build cardiovascular endurance while you spin, box, jump rope & run stairs. Tone your muscles with weights, resistance bands, and the medicine & flexi-ball. This class is designed to challenge all fitness levels.

CARDIO BOOST – Rev up your metabolism with this great mix of both low impact cardio endurance & sets of interval training. Improve your overall fitness while burning calories.

CARDIO BOOTCAMP – Jump start your workout with this high energy cardio and strength conditioning class! Timed drills, endurance training, body sculpting, & abs work await you in this challenging class.

CARDIO LATIN BALLROOM – A blend of Latin and international dance moves that creates an exciting, energetic and effective workout: salsa, cha-cha, swing, meringue & disco. No dance experience needed, beginners always welcome! Partner-free.

CORE STRENGTH & SCULPT – Strengthens your core with emphasis on the abs & back muscles. Minimal impact on joints, incorporates light weights. A great way to strengthen and tone without the bounce.

CARDIO TENNIS – Build up a sweat in this high-energy workout by combining the best features and skills of tennis into a fast paced cardio routine. No tennis skilled required. Just the willingness to participate and have fun.

FULL BODY WORKOUT – Give us 30 min and we'll change your body. Short cardio bursts to burn fat & calories. Strength training to tone upper body. Resistance bands to sculpt lower body. Crunches & plyometrics to tighten abs & core. All levels welcome.

MAT PILATES – This mat workout is based on techniques developed by Joseph Pilates to create better flexibility for his dancers. Includes concentrated work on core strength, body alignment and muscular balance. Stretch & strengthen your abs, back, arms, and legs through ballet based movements. Low impact on the joints.

POWER SCULPT – Total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session. Fast paced with weight and conditioning exercises with little recovery time between exercises. Get ready to challenge your body.

POWER SCULPT II – Be strong and energized. This class will increase muscular strength and endurance using a variety of resistance equipment. Weights, balls, bands & Barres are incorporated in this challenging workout. This class will challenge and energize you!

SCULPT FUSION – Sculpt your way into your dream body. Combines functional movement, resistance training & balance with a strong focus on defining the core muscles by challenging both strength & stability. A total body workout. All levels welcome.

SPIN – This 50 minute stationary bicycling class simulates the 'real thing' over a variety of terrains ... fast flats to steep hills & rolling roads. For all fitness levels. The Sports Center is an Official Licensee of the Spinning Program.

SPIN/SCULPT/STRETCH – Get your body moving. 40 minute Spin followed by 20 minute Sculpt & Stretch.

TRX CROSS TRAINING – TRX is limited to 9 students and taught by a personal trainer for lots of one-on-one attention. The patented suspension system creates full body workouts using percentages of the students own bodyweight. Students get strength, core stabilization, balance, coordination and cardio intervals in a 55-minute workout.

WAR & PEACE – Kickboxing & martial arts drills, functional core training, boot camp, deep stretching & mindfulness.

YOGA I – Yoga is an ancient form of movement promoting balance, flexiblility, strength and relaxation through various postures and breathing techniques. This class covers basic postures, breathing and meditation for both beginner & intermediate methodology.

YOGA HATHA FLOW (level 2) – Begins with a simple, seated warm-up, slowly builds into an intermediate flow while building up heat & endurance ... class ends with hips, abs, & lower back stretches. Not for the beginner.

AASATTI YOGA™ (Deep Stretch) – Be in a state of Zen. A variety of deep stretch postures that allow us to move into & through ourselves with grace as we surrender into the experience.

ZUMBA® – An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness-party™ that's moving millions of people toward joy & health. All levels welcome.