

GROUP EXERCISE



LEGEND

(B) - Spinning/Basketball Court (T) - Tennis Courts (H) - Hyatt
(3) - Third Floor (P) - Pool (\$) - Fee Required

September 2010

8930 University Center Lane, San Diego California 92122 Phone: 858/552-8000

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 am		Spinning Strength 5:30 - 6:30 <i>Shari</i>		Spinning All Terrain 5:30 - 6:45 <i>Amy G.</i>			
6:00 am	Master's Swim \$ 6:00 - 7:00 \$ <i>Kevin</i>	Ashtanga Yoga 6:30 - 7:30 <i>Jim</i>	Essential Reformer *\$ 6:00 - 6:55 (3) <i>Sophie</i> Master's Swim \$ 6:00 - 7:00 \$ <i>Kevin</i> Vinyasa Yoga 6:30 - 7:30 <i>Melina</i>	GRAVITY Strength 6:00 - 6:45 \$ <i>Kris/Melissa</i> Vinyasa Yoga 6:15 - 7:30 <i>Melina</i>	Pilates Essential Reformer * 6:00 - 6:55 (3) \$ <i>Sophie</i>		
7:00 am	Absolution 7:30 - 7:45 (3) <i>Fitness Staff</i>	GRAVITY For Strength 7:00 - 7:45 \$ <i>Lauren</i>	Absolution 7:30 - 7:45 (3) <i>Fitness Staff</i>	GRAVITY Total Body 7:00 - 7:45 \$ <i>Elyssa</i>	Absolution 7:30 - 7:45 (3) <i>Fitness Staff</i>		
8:00 am	Spinning Endurance 8:00 - 9:00 <i>Tony</i>	Muscle Bound 8:00 - 9:00 <i>Rennie</i>	Spinning Strength 8:00 - 9:00 (B) <i>Victor</i>	Muscle Bound 8:00 - 9:00 <i>Angela</i> Spinning 8:00 - 9:00 <i>Kevin</i>	Spinning All Terrain 8:00 - 9:00 <i>Kris</i>	Pilates Intermediate Reformer* 8:00 - 8:55 (3) \$ <i>Lucy</i> Spinning Strength 8:00 - 9:00 <i>Shari</i>	Gun Show 8:30 - 9:30 <i>Kerri</i>
9:00 am	Pilates Intermediate Reformer* 9:00 - 9:55 (3) \$ <i>Lucy</i> Pilates Mat 9:00 - 10:00 <i>Sophie</i>	Pure Tone 9:00 - 10:00 <i>Mary</i>	Barre Assets 9:00 - 10:00 <i>Maggie</i> Essential Reformer * 9:00 - 9:55 (3) \$ <i>Lucy/Sophie</i>	Muscle Max 9:00 - 10:00 <i>Angela</i> Pilates Intermediate Reformer* 9:00 - 9:55 (3) \$ <i>Lucy</i>	Advanced Pilates 9:00 - 10:00 <i>Lucy</i>	Pilates Mat 9:00 - 10:00 (H) <i>Shala</i> Pilates Prenatal Reformer * 9:00 - 9:55 (3) \$ <i>Lucy</i> Super Strength 9:10 - 10:00 <i>Shari</i>	Extreme Ride 9:30 - 10:45 <i>Kerri/Sheri</i>
10:00 am			Pilates Jump Board * 10:00 - 10:55 (3) \$ <i>Lucy</i>	Cardio Dance 10:30 - 11:45 <i>Rodrigo</i>	Ashtanga Yoga 10:00 - 11:15 <i>Leela</i>	Latin Grooves 10:00 - 11:15 <i>Rodrigo</i> Spinning Interval 10:00 - 11:00 <i>Jason</i> Hatha Yoga 10:30 - 11:45 (H) <i>Jerome</i>	
11:00 am		BB Open Gym 11:30 - 1:30 (B) <i>Fitness Staff</i> Fat-Burning Fusion 11:45 - 1:00 <i>Deborah</i>		BB Open Gym 11:30 - 1:30 (B) <i>Fitness Staff</i>		Begin to Spin-Sept. 11 ONLY 11:00 - 12:00 <i>Mary</i> Exercise 101-Sept. 18 ONLY 11:00 - 12:00 <i>Fitness Staff</i> Tai Chi 11:30 - 12:30 <i>Master Parker Linekin</i>	Pilates Mat 11:00 - 12:00 <i>David</i>
12:00 pm	GRAVITY Strength 12:00 - 12:00 \$ <i>Elyssa</i> Spinning All Terrain 12:00 - 1:00 <i>Steve</i>		Spinning Endurance 12:00 - 1:00 <i>Kevin</i>	Aquafit 12:00 - 1:00 <i>David</i> Chisel 12:00 - 1:00 <i>Trish</i>	Spinning Strength 12:00 - 1:00 <i>Kerri</i>		Yoga 12:00 - 1:00 <i>David</i>

1:00 pm		Ashtanga Yoga 1:00 - 2:15 <i>Leela</i>		Ashtanga Yoga 1:00 - 2:15 <i>Leela</i>		Intermediate Reformer * 1:00 - 1:55 (3) \$ <i>Lucy.</i>	
5:00 pm	GRAVITY Total Body 5:00 - 5:45 \$ <i>Melissa Mayfield</i> Vinyasa Yoga 5:00 - 6:00 (H) <i>Cara</i> Muscle Max 5:30 - 6:30 <i>Billy</i> Spinning All Terrain 5:30 - 6:30 <i>Victor</i>	Intermediate Reformer * 5:00 - 5:55 (3) \$ <i>Lucy</i> Rear Attitude 5:30 - 6:30 <i>Kerri</i> Spinning Endurance 5:30 - 6:30 <i>Steve</i>	Gentle Yoga 5:00 - 6:00 (H) <i>Jerome</i> GRAVITY Total Body 5:00 - 5:45 \$ <i>Lauren</i> Spinning Interval 5:30 - 6:30 <i>Victor</i> ZUMBA 5:30 - 6:30 <i>Katie</i>	GRAVITY Total Body 5:00 - 5:45 \$ <i>Victor</i> Pilates Intermediate Reformer* 5:00 - 5:55 (3) \$ <i>Lucy</i> Muscle Max 5:30 - 6:30 <i>Billy</i>	Spinning Interval 5:30 - 6:30 <i>Steve</i>		
6:00 pm	Athletic Action 6:00 - 7:00 <i>Jennifer/Nick</i> Pilates Essential Reformer * 6:00 - 6:55 (3) \$ <i>Sophie</i> Absolution 6:30 - 6:45 (3) <i>Fitness Staff</i> GRID (\$) 6:30 - 7:30 <i>Billy</i>	Absolution 6:30 - 6:45 (3) <i>Fitness Staff</i> Beginner's Clinic 6:30 - 7:30 <i>Timmer</i> Spinning Interval 6:30 - 7:30 <i>Sheri</i> Ashtanga Yoga 6:45 - 8:00 <i>Leela</i>	Advanced Reformer * 6:00 - 6:55 (3) \$ <i>Lucy/Sophie</i> Athletic Action 6:00 - 7:00 <i>Billy</i> GRAVITY Total Body 6:00 - 6:45 \$ <i>Elyssa</i> Absolution 6:30 - 6:45 (3) <i>Fitness Staff</i> Cardio Strength (8/18-9/29) 6:30 - 7:30 <i>Katie</i>	Absolution 6:30 - 6:45 (3) <i>Fitness Staff</i> GRID (\$) 6:30 - 7:30 <i>Billy</i> Ashtanga Yoga 6:45 - 8:00 <i>Leela</i>			
7:00 pm	Cardio Kickbox (8/30-10/11) 7:30 - 8:30 <i>Katie</i>	Cardio Tease (8/24-10/5) 7:00 - 8:00 <i>Katie</i> Intermediate Reformer * 7:00 - 7:55 (3) \$ <i>Lucy</i>		Pilates Intermediate Reformer* 7:00 - 7:55 (3) \$ <i>Lucy</i>			

Abs: Concentrated muscular resistance work to condition and strengthens the abdominals.

Ashtanga Yoga: A dynamic, vigorous practice that synchronizes movement and breath in a continuous flow of poses beginning with Sun Salutations. Intense internal heat creates a cleansing and purifying sweat. Increases strength, stamina, flexibility and mental focus. "Power Yoga" and most "Flow" styles are based on Ashtanga Yoga.

Athletic Action: Sports Drills, Plyometrics, Strength and Conditioning combined for a one of a kind class **OUTSIDE!**

BB Open Gym: Pick up games!

Gentle Yoga: Borrowing from the tradition of B.K.S. Iyengar, you will explore healing asanas (postures) with the assistance of blocks, straps, walls and other props. Emphasis will be placed on proper alignment, mindful breathing and relaxing, relaxing, relaxing.

Hatha Yoga: Hatha Yoga includes the movement styles of yoga that emphasizes physical postures or asanas. Iyengar and Ashtanga are both forms of Hatha Yoga.

Masters Swim: Structured swim workout designed to improve overall swim performance. \$5 per class.

Muscle Bound: A total-body strength workout combined with intervals of rebounding. An incredible resistance class that keeps your heart pumping.

Muscle Max: A class dedicated to total body muscular and strength training by applying a variety of modalities such as hand weights, fitballs, bands, and body resistance; the step is also used, usually as a prop.

Pilates Mat: Floor exercises inspired by the work of Joseph Pilates that strengthen your body's core muscles. Pilates exercises strengthen the body from the inside out.

Spinning® All Terrain: The All Terrain training session provides a variety of road to challenge all systems in the body – aerobic, muscular endurance and some anaerobic threshold intervals. All Terrain includes a combination of hills, flats and sprints. Heart rate training range: 65-85%.

Spinning® Endurance: The Endurance training session builds an aerobic foundation and improves the body ability to metabolize fat. This training improves mental discipline as well as aerobic efficiency. Endurance is about even application of energy for sustained periods. Heart rate training range: 65-75% of maximum.

Spinning® Interval: The Interval training session, which abruptly increases and decreases the heart rate by manipulating the intensity of the activity, includes high rpm pedaling on the flats, acceleration drills and recovery stretches. This helps to develop your mental ability to use breathing and visualization techniques to assist in quick recovery from work efforts. Interval is about speed, tempo, timing and rhythm. Heart rate training range: 65-92% of maximum.

Spinning® Strength: The Strength training session trains the ligaments and tendons of the legs to handle high-intensity training and improves power and climbing ability by utilizing steady, consistent pedaling with heavy resistance. Strength is about developing muscular endurance and power. Heart rate training range: 75-85% of maximum.

Stretch: A combination of dynamic and static stretching techniques to improve joint ranges of motion and muscle elasticity.

TAI CHI: Tai Chi is moving meditation. Tai Chi's roots are in Qigong meditation and Martial Arts. The training helps balance mind, body and spirit. The training helps strengthen your Core muscles and Legs. It is also helpful in a variety of areas such as aiding in reducing stress, high blood pressure and depression.

Vinyasa Yoga: (Flow Yoga) Traditional poses, breathing techniques, and increased relaxation. Improve flexibility and add strength to your workout with this type of yoga.

Cardio Dance: Wiggle it...just a little bit! Anybody and Everybody is welcome here!! Whether you have been dancing for years or just want to lose yourself in the music - this class is for YOU! With movements from Salsa, Rhumba, Hip-hop and many more, you will get a great cardio workout and feel the freedom of your body moving.

ZUMBA: A killer workout that draws from many styles of dance, including Latin and salsa! Instructors pull from a selected pool of movement patterns to design their own style, and freestyling is encouraged. All levels welcome!

Yoga: Develop strength, stamina, flexibility, and balance, plus, concentration, relaxation, and focus.

SUPER STRENGTH: 50 minutes of intense fat-burning monster muscle conditioning sets, designed to keep your heart rate so high, an hour would kill you! Warm-up on your own prior to class start time is recommended.

FAT-BURNING FUSION: A high-energy cardiovascular fusion of dance, ballet, Pilates, and weight training! This is a total body workout done in bare feet and designed to burn fat, develop long, lean muscles and reshape your physique. Prepare to sweat for 75 minutes!