

GROUP EXERCISE



LEGEND

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

May 2012

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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00 am		Spinning 5:30 - 6:30 <i>Shari R.</i>		Spinning 5:30 - 6:30 <i>Amy</i>			
6:00 am	Essential Reformer 6:00 - 7:00 <i>Sophie</i>	Ashtanga Yoga 6:30 - 7:30 <i>Jim</i>	Essential Reformer 6:00 - 7:00 <i>Sophie</i> Athletic Core 6:30 - 7:30 <i>Rennie</i>	Vinyasa Yoga 6:30 - 7:30 <i>Melina</i>	Essential Reformer 6:00 - 7:00 <i>Sophie</i> Elite SC 6:30 - 7:00 \$ <i>Kris</i>		
7:00 am	ABsolution 7:30 - 8:00 <i>Fitness Trainer</i>	Gravity 7:00 - 7:30 ** RSVP Required <i>Natalie</i>	Essential Reformer 7:00 - 8:00 <i>Sophie</i> SC Fit 7:00 - 7:30 \$ <i>Nick</i> ABsolution 7:30 - 8:00 <i>Fitness Trainer</i>	Gravity 7:00 - 7:30 ** RSVP Required <i>Natalie</i> SC Fit 7:00 - 8:00 \$ <i>Danny</i> Performance Training 7:30 - 8:00 \$ <i>Rich</i>	ABsolution 7:30 - 8:00 <i>Fitness Trainer</i>		
8:00 am	Spinning 8:00 - 9:00 <i>Anne</i>	Piloxing 8:00 - 9:00 <i>Sarah D.</i> Spinning 8:00 - 9:00 <i>Natalie S.</i>	Spinning 8:00 - 9:00 <i>Victor</i>	BODYPUMP 8:00 - 9:00 <i>Karen</i> Spinning 8:00 - 9:00 <i>Yvonne</i>	Spinning 8:00 - 9:00 <i>Kris</i> Weight Training Extreme 8:00 - 9:00 \$ <i>James</i>	BODYPUMP 8:00 - 9:00 <i>Anne/Karen</i> Intermediate Reformer 8:00 - 9:00 <i>Lucy</i> Spinning 8:00 - 9:00 <i>Shari R.</i>	Ripped 8:30 - 9:30 <i>Kerri</i>
9:00 am	CX Works 9:00 - 9:30 Intermediate Reformer 9:00 - 10:00 <i>Lucy</i> Mat Pilates 9:00 - 10:00 <i>Sophie M.</i>	Athletic Core 9:00 - 10:00 <i>Rich</i>	Barre Assets 9:00 - 10:00 <i>Maggie</i> Essential Reformer 9:00 - 10:00 <i>Lucy</i>	Athletic Core 9:00 - 10:00 <i>Yvonne</i> Intermediate Reformer 9:00 - 10:00 <i>Lucy</i> Spinning 9:15 - 10:15 <i>Anne</i>	Mat Pilates 9:00 - 10:00 <i>Lucy</i>	Bust-a-Move Bootcamp 9:00 - 10:00 <i>Natalie</i> Mat Pilates 9:00 - 10:00 *In Hyatt <i>Shala</i> Athletic Core 9:10 - 10:10 <i>Shari R.</i> Spinning 9:30 - 10:30 <i>Jason</i>	Spinning 9:30 - 10:45 **Extreme Ride <i>Sheri M Kerri</i>
10:00 am	Barre Assets 10:00 - 11:00 <i>Maggie</i>	Intermediate Reformer 10:00 - 11:00 <i>Lucy</i>	Zumba 10:30 - 11:30 <i>Keila</i>	CX Works 10:15 - 10:45 Zumba 10:30 - 11:30 <i>David R.</i>	Jump On Board 10:00 - 11:00 <i>Lucy</i> Vinyasa Yoga 10:00 - 11:00 <i>Yvonne</i>	Body Art 10:15 - 11:15 <i>Mary</i> Spinning 10:30 - 11:30 *Spin 101 <i>Anne</i> Vinyasa Yoga 10:30 - 11:30 <i>Jerome</i>	Winter Sports Conditioning 10:00 - 11:00 ** RSVP Required <i>Fede</i>
11:00 am		Fat-Burning Fusion 11:45 - 12:45 <i>Deborah</i>					Mat Pilates 11:00 - 12:00 <i>David</i>
12:00 pm	Muscle Max 12:00 - 1:00 <i>Mary</i> Spinning 12:00 - 1:00 <i>Kevin</i>	Intermediate Reformer 12:00 - 1:00 <i>Sophie</i> Spinning 12:00 - 1:00 <i>Anne</i>	Spinning 12:00 - 1:00 <i>Kevin</i>	Intermediate Reformer 12:00 - 1:00 <i>Sophie</i>	Spinning 12:00 - 1:00 <i>Kerri</i>	Winter Sports Conditioning 12:00 - 1:00 ** RSVP Required <i>Fede</i>	Hatha Yoga 12:00 - 1:00 <i>David</i>
1:00 pm		Vinyasa Yoga 1:00 - 2:00 <i>Mary</i>		Vinyasa Yoga 1:00 - 2:00 <i>Mary</i>		Intermediate Reformer 1:00 - 2:00 <i>Lucy</i>	

2:00 pm	Court Closed 2:30 - 4:30 (B) <i>Jazz For Kids</i>						
3:00 pm			Volleyball 3:00 - 5:00 Court Closed 3:30 - 5:30 <i>Volleyball</i>				
4:00 pm				Court Closed 4:30 - 5:30 <i>Volleyball</i>			Vinyasa Yoga 4:30 - 5:30 <i>Jessica</i>
5:00 pm	Vinyasa Yoga 5:00 - 6:00 *In Hyatt <i>Mary</i> FMS 5:30 - 6:00 <i>Danny</i> Grid - Muscle 5:30 - 6:30 <i>Billy</i> Spinning 5:30 - 6:30 <i>Victor</i>	Intermediate Reformer 5:00 - 6:00 <i>Lucy</i> Chisel Vavi 5:30 - 6:30 <i>Katie Bridger</i> Spinning 5:30 - 6:30 <i>Tony</i>	Hatha Yoga 5:00 - 6:00 *In Hyatt <i>Yvonne</i> Hatha Yoga 5:00 - 6:00 <i>Yvonne</i> Intermediate & Advanced Tennis 5:30 - 6:30 \$ <i>Mason Fuller</i> Spinning 5:30 - 6:30 <i>Victor</i> Zumba 5:30 - 6:30 <i>David</i>	Intermediate Reformer 5:00 - 6:00 <i>Lucy</i> Grid - Muscle 5:30 - 6:30 <i>Billy</i>	Spinning 5:30 - 6:30 <i>Tony</i>		
6:00 pm	Athletic Action 6:00 - 7:00 <i>Jennifer</i> SC Fit 6:00 - 7:00 \$ <i>Kris</i> ABSolution 6:30 - 7:30 <i>Fitness Trainer</i> BODYPUMP 6:30 - 7:30 <i>Katie Bridger</i>	SC Fit 6:00 - 7:00 \$ <i>Jonathan</i> TRX 6:00 - 7:00 <i>Billy</i> ABSolution 6:30 - 7:30 <i>Fitness Trainer</i> Beginner & Intermediate Tennis 6:30 - 7:30 \$ <i>Mason Fuller</i> Spinning 6:30 - 7:30 <i>Sheri M.</i> Yoga Pump 6:30 - 7:30 <i>Yvonne</i>	Advanced Reformer 6:00 - 7:00 <i>Lucy</i> Athletic Action 6:00 - 7:00 <i>Billy</i> Tread 6:00 - 6:30 <i>Maggie</i> ABSolution 6:30 - 7:30 <i>Fitness Trainer</i> Body Pump 6:30 - 7:30 <i>Anne</i>	SC Fit 6:00 - 7:00 \$ <i>Jonathan</i> ABSolution 6:30 - 7:30 <i>Fitness Trainer</i> Spinning 6:30 - 7:30 <i>Rachel</i> Hatha Yoga 6:45 - 7:45 <i>Jonathan</i>	Vinyasa Beginner Yoga Vavi 6:30 - 7:00 <i>Jonathan</i>		
7:00 pm	Turbo Kick Vavi 7:30 - 8:30 <i>Katie Bridger</i>	Intermediate Reformer 7:00 - 8:00 <i>Lucy</i> Cardio Tease Vavi 7:30 - 8:30 <i>Katie Bridger</i>	Piloxing 7:30 - 8:30 <i>Anne</i>	Intermediate Reformer 7:00 - 8:00 <i>Lucy</i>			

BODYPUMP: Challenge yourself with the original barbell class that strengthens and tones your entire body

ABSOLUTION: 15 minutes of AB exercises led by our personal trainers.

ASHTANGA YOGA: A dynamic, vigorous practice that synchronizes movement and breath in a continuous flow of poses.

ATHLETIC CORE: Focuses on strengthening and working the core using various equipment and intense full-body moves

ATHLETIC ACTION: Sports drills, plyometrics, strength and conditioning combined with a one-of-a-kind class

BARRE ASSETS: A hybrid of barre work and floor work for a new and challenging spin on sculpting

BUST-A-MOVE BOOTCAMP: A small-group bootcamp on the fitness floor using a mix of weights and equipment. A workout you can't get in GX!

CARDIO TEASE: An aerobic dance workout to bring out your sexy side

CHISEL: Total-body resistance work focusing on heavier weights

DANCE RMX: Shake your tail-feather and dance off the pounds with different dance styles. No two classes are ever the same

ELITE SC: Functional training that will shape bodies to Elite Stature.

FAT-BURNING FUSION: A high-energy, 75 minute cardiovascular fusion of dance, ballet, pilates, and weight training

FMS: Functional Movement Training – take a free assessment and learn ms-alignments and how to correct for them.

GRAVITY: A 45 minute strength and cardio workout on the revolutionary Gravity machine.
**Sign up required for Gravity

GRID-MUSCLE: A revolutionary anchoring system using bands gives you a full body muscle sculpting workout exclusive to The Sporting Club

GROUP TRAINING FOR MEN: Weight training instruction, stability/flexibility training, and metabolic conditioning. Designed specifically for men.

HATHA YOGA: Emphasizes both physical and mental alignment through breathing and targeted poses

WEIGHT TRAINING XTREME: Involves large free weight movements. It's a time-based circuit training program designed to create structural balance in the body while promoting body fat loss and strength.

LIVE LIFE FIT: Small group strength training and circuit training

MAT PILATES: Floor Exercise inspired by Joseph Pilates that strengthens your body's core muscles while gaining flexibility.

MUSCLE MAX: Total-body muscular and strength training using hand weights, bands, balls, and steps

PERFORMANCE TRAINING: Sport-specific training. Great for athletes, aspiring athletes, or anyone who wants to train like one.

PILOXING: Mixes Pilates and boxing into a fat torching and muscle sculpting workout

RIPPED: Sparsely choreographed sports conditioning set to music including: Plyometrics, weights, cardio, and training components

SANDBAG CARDIO: A 45 min. intensive workout with sandbags and bodyweights.

SPINNING: Indoor cycling including aerobic muscular endurance and some anaerobic intervals. Rides vary according to instructor's teaching style

TURBO KICK: Inspired by dance, Tae Kwan Do, boxing, Tai-Chi, and funk coupled with a party atmosphere

VINYASA YOGA: Known as 'ow yoga' is comprised of traditional poses, breathing techniques, and increased relaxation.

WINTER SPORTS CONDITIONING: Get targeted training before you hit the slopes. Skiing, snowboarding, and more!
***Ask for additional classes not listed on the schedule **Sign up required for WSC

YOGA PUMP: Utilizes weights in combination with traditional yoga poses in a Vinyasa style. Truly unique. A killer workout that draws from many dance styles including Latin & Salsa. Each instructor creates their own free-style workout

ZUMBA: A killer workout that draws from many dance styles including Latin & Salsa. Each instructor creates their own free-style workout