

GROUP EXERCISE



LEGEND

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

November 2008

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 Joanna		Spinning All Terrain 5:30 - 6:45 Tereasa			
6:00 am	Master's Swim 6:00 - 7:00 Kevin	Ashtanga Yoga 6:30 - 7:30 Gianna	Master's Swim 6:00 - 7:00 Kevin	Ashtanga Yoga 6:30 - 7:30 Melina	Advanced GRAVITY \$ 6:00 - 6:45 \$ Katy J.		
7:00 am	CORE 7:30 - 7:45 (3) Fitness Staff	GRAVITY for Women 7:00 - 7:45 \$ Elyssa	CORE 7:30 - 7:45 (3) Fitness Staff	GRAVITY for Women 7:00 - 7:45 \$ Elyssa	CORE 7:30 - 7:45 (3) Fitness Staff		
8:00 am	Spinning Endurance 8:00 - 9:00 Kris	GRAVITY Boot Camp 8:00 - 8:45 Elyssa \$ Muscle Bound 8:00 - 9:00 Rennie Spinning Interval 8:00 - 9:00 Kerri	Spinning Strength 8:00 - 9:00 (B) Victor	Muscle Bound 8:00 - 9:00 Angela Spinning 8:00 - 9:00 Kevin	Spinning All Terrain 8:00 - 9:00 Angela	Spinning Strength 8:00 - 9:00 Joanna	BOSU Fit 8:30 - 9:30 Andrea
9:00 am	GRAVITY Total Body 9:00 - 9:45 Elyssa \$ Pilates Mat 9:00 - 10:00 Rhona	Muscle Max 9:00 - 10:00 Kerri	Muscle Max 9:00 - 10:00 Ami GRAVITY Circuit 9:30 - 10:15 \$ Jessica	Muscle Max 9:00 - 10:00 Angela	Pilates Mat 9:00 - 10:00 Rhona	Muscle Max 9:00 - 10:00 Kerri Pilates Mat 9:00 - 10:00 (H) Shala	Spinning All Terrain 9:30 - 10:45 Kerri
10:00 am	GRAVITY Strength 10:00 - 10:45 \$ Elyssa Vinyasa Yoga 10:00 - 11:00 Jerome	GRAVITY Circuit 10:00 - 10:45 Jessica \$	Ashtanga Yoga 10:00 - 11:00 Gianna	World Dance 10:30 - 11:45 Rodrigo	Ashtanga Yoga 10:00 - 11:15 Leela	Spinning Interval 10:00 - 11:00 Kerri World Dance 10:00 - 11:15 Rodrigo Hatha Yoga 10:30 - 11:45 (H) Jerome	
11:00 am		BB Open Gym 11:30 - 1:30 (B) Fitness Staff	Tai Chi 11:30 - 12:30 Mstr Linekin	BB Open Gym 11:30 - 1:30 (B) Fitness Staff		Tai Chi 11:30 - 12:30 Master Parker Linekin	Pilates Mat 11:00 - 12:00 David
12:00 pm	GRAVITY Boot Camp 12:00 - 12:45 \$ Elyssa Spinning All Terrain 12:00 - 1:00 Steve	Spinning Interval 12:00 - 1:00 Ami	Spinning Endurance 12:00 - 1:00 Joanna	Spinning Strength 12:00 - 1:00 Kristi GRAVITY Strength 12:30 - 1:15 \$ Elyssa	Spinning Strength 12:00 - 1:00 Jason		
1:00 pm		Ashtanga Yoga 1:00 - 2:15 Leela		Ashtanga Yoga 1:00 - 2:15 Leela			
5:00 pm	Gentle Yoga 5:00 - 6:00 (H) Sharyn Muscle Max 5:30 - 6:30 Billy Spinning All Terrain 5:30 - 6:30 Victor	Muscle Max 5:30 - 6:30 Kerri Spinning Endurance 5:30 - 6:30 Steve	Gentle Yoga 5:00 - 6:00 (H) Jerome Muscle Max 5:30 - 6:30 Ami Spinning Interval 5:30 - 6:30 Victor	GRAVITY Total Body 5:00 - 5:45 \$ Victor Muscle Max 5:30 - 6:30 Billy	Spinning Interval 5:30 - 6:30 Steve		Yoga 5:00 - 6:00 David

<p>6:00 pm</p>	<p>Athletic Action 6:00 - 7:00 <i>Alex</i> GRAVITY Circuit 6:00 - 6:45 \$ <i>Elyssa</i> League Play 6:00 - 8:00 <i>Level B</i> CORE 6:30 - 6:45 (3) <i>Fitness Staff</i> Pilates 6:30 - 7:30 (H) <i>Shala</i></p>	<p>Beginner's Clinic 6:30 - 7:30 <i>Timmer</i> CORE 6:30 - 6:45 (3) <i>Fitness Staff</i> Spinning Interval 6:30 - 7:30 <i>Walter</i></p>	<p>Athletic Action 6:00 - 7:00 <i>Jennifer</i> GRAVITY Advanced 6:00 - 6:45 \$ <i>Elyssa</i> League Play 6:00 - 8:00 <i>Level A</i> CORE 6:30 - 6:45 (3) <i>Fitness Staff</i></p>	<p>League Play 6:00 - 8:00 <i>Level C</i> Spinning All Terrain 6:00 - 7:15 <i>Tony</i> CORE 6:30 - 6:45 (3) <i>Fitness Staff</i> Ashtanga Yoga 6:45 - 8:00 <i>Leela</i></p>			
<p>7:00 pm</p>		<p>Ashtanga Yoga 7:00 - 8:15 <i>Leela</i></p>	<p>GRAVITY Circuit 7:00 - 7:45 \$ <i>Elyssa</i></p>				

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

African Beat: Dance to the rhythm of an African beat! This is a high-energy, cardiovascular workout that's perfect for beginners!

Aqua Fitness: Use the force and energy required to move through water to develop muscle strength and cardiovascular and muscular endurance!

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: Be prepared to work! You'll be challenged with intervals of cardio, strength, and sports combination drills.

BB Open Gym: Pick up games!

BOSU Fit: BOSU Fit is a combination cardiovascular training and strength work performed on the BOSU; includes specific ab segment. Ball reservations are recommended, and offered for \$3. BOSU (Both Opposites Sides Up) is half of a stability ball mounted on a rubberized surface.

Cardio Combat: A cardiovascular workout using the basic techniques of kickboxing to develop overall endurance, conditioning and stamina.

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.

Indoor Rowing: 20 minutes of rowing on the Concept 11 Indoor Rower combined with 10 min of stretching. Discover muscles you never knew you had, decrease body fat, and improve flexibility all in 30 minutes. Whether you're a beginner or a seasoned rower, you will benefit from this class. You have to try it to believe it! \$35/class or 1 month/\$160.

Muay Thai Kickboxing: A cardiovascular workout with the use of boxing gloves and punching bags based on the techniques of Muay Thai.

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.

NIA: NIA (Neuromuscular Intregative Action) is a Body-Mind movement class blending Dance and Martial Arts. NIA trains your heart, tones your muscles, enhances your balance and releases stress and tension with creative movements. For all levels.

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.

Pilates Strength: Pilates-based techniques designed to enhance flexibility, posture, body alignment and overall strength using the BOSU and resistance bands as props.

Rowing: 20 min of Rowing on the Concept 11 Indoor Rower combined with 10 min of stretching. Discover muscles you never knew you had, decrease body fat, and improve flexibility all in 30 minutes. Your instructor, Matt Smith, is a 5-time US National Champion and 4-time Canadian Henley Champion Oarsman who will guide you every step of the way. Regardless if you're a beginner or a seasoned rower - You'll benefit from this class. You have to try it to believe it! \$35/class. Advance reservations at the Service Desk are required.

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.

Step & Bound: A cardiovascular workout using interval training between the Step and the Rebounder. Combines two different pieces of apparatus for a more dynamic session.

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

The Brick: The same tough spinning class you're used to, only a short 3-mile run off the bike!

Turbo Training: A structured cycling workout utilizing one's own road bike and trainer to simulate real road riding. \$5/class.

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

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