

DECEMBER FITNESS SCHEDULE

MONDAY

9:00 am - 9:50 am | Cycling | Spin Studio**
10:00 am - 11:15 am | Yoga & Meditation | Yoga Studio**
11:00 am - 11:50 am | Aqua Blast | Indoor Pool**
12:00 pm - 12:50 pm | Mat Pilates | Yoga Studio
4:30 pm - 5:20 pm | Yoga | Yoga Studio*
5:30 pm - 6:20 pm | Cycling | Spin Studio

TUESDAY

7:30 am - 8:20 am | Circuit Training | Yoga Studio
9:00 am - 9:50 am | Body Sculpt | Yoga Studio
10:00 am - 10:50 am | Mat Pilates | Yoga Studio
12:00 pm - 12:50 pm | Cycling | Spin Studio
4:30 pm - 5:20 pm | TreadZone | Gym Floor
5:30 pm - 5:55 pm | Upper Body Sculpt | Yoga Studio
6:00 pm - 6:50 pm | Ballet Barre | Yoga Studio

WEDNESDAY

9:00 am - 9:50 am | Cycling | Spin Studio
10:00 am - 10:50 am | Ballet Barre | Yoga Studio
11:00 am - 11:50 am | Aqua Blast | Indoor Pool
12:00 pm - 12:50 pm | Yoga | Yoga Studio
4:30 pm - 5:20 pm | Core Cuts | Yoga Studio*
5:30 pm - 6:20 pm | Cycling | Spin Studio

THURSDAY

7:30 am - 8:20 am | Circuit Training | Yoga Studio
9:00 am - 9:50 am | Body Sculpt | Yoga Studio
10:00 am - 10:50 am | Mat Pilates | Yoga Studio
11:00 am - 11:50 am | Aqua Blast | Indoor Pool
12:00 pm - 12:50 pm | Cycling | Spin Studio
4:30 pm - 5:20 pm | TreadZone | Gym Floor
5:30 pm - 5:55 pm | Ab Lab | Yoga Studio
6:00 pm - 6:25 pm | Lower Body Sculpt | Yoga Studio

FRIDAY

9:00 am - 9:50 am | Cycling | Spin Studio
10:00 am - 10:50 am | Ballet Barre | Yoga Studio
11:00 am - 11:50 am | Cycling | Spin Studio
12:00 pm - 12:50 pm | Mat Pilates | Yoga Studio
5:00 pm - 5:50 pm | Cycling | Spin Studio

SATURDAY

8:00 am - 8:50 am | Body Sculpt | Yoga Studio
9:00 am - 9:50 am | Cycling | Spin Studio
10:00 am - 10:50 am | Yoga | Yoga Studio

SUNDAY

9:00 am - 9:50 am | Yoga | Yoga Studio
10:00 am - 10:50 am | Body Sculpt | Yoga Studio

*Yoga will be held in our Living Room on
12/4 and in the Art Gallery on 12/6.

**Classes will not be held on 12/25.

Class schedules and instructors are subject
to change or cancellation



HOURS

FITNESS CENTER

5:30 am - 10:00 pm | staffed 6:00 am - 9:00 pm

INDOOR POOL

6:00 am - 10:00 pm | no lifeguard on duty

KIDS' CENTERS

8:00 am - 10:00 pm | unsupervised

CLASS DESCRIPTIONS

AB LAB Improve core strength, balance and posture with this ab focused 25-minute class

AQUA BLAST A fun-filled workout that utilizes the natural resistance and fun of the water to build the core, strengthen muscles and increase cardiovascular fitness

BALLET BARRE A high-energy, low-impact class designed to strengthen, tone and sculpt your body using barre work and light weights

BODY SCULPT A dynamic exercise class designed to target the largest muscle groups

CIRCUIT TRAINING A circuit of exercises using a variety of equipment from free-weights to step platforms and medicine balls

CORE CUTS A head-to-toe hard body workout using resistance training which will work your core in ways that develop spinal stabilization and enhance muscular strength

CORE & MORE This class takes you through a high-energy cardio and resistance training experience that will enhance your core and burn calories

CYCLING Keiser M3i bikes are used to achieve a cardiovascular workout that will take you up mountains, over hills, and through heart pounding speed drills

CYCLEZONE Cardiovascular interval training in our cycling studio, featuring the Activo system

BOOTCAMP A combination of high-intensity interval training (H.I.I.T.) and strength development training (SDT) led by a team of Exercise Physiologists

MAT PILATES Transform your core strength and balance with a series of controlled movements to improve posture, reduce stress, and increase core strength

TREADZONE Cardiovascular interval treadmill training designed to optimize your calorie burn and fitness through heart zone programming. Bring your heart rate monitor for optimum results

UPPER / LOWER BODY SCULPT A 25-minute version of our Body Sculpt class targeting the upper or lower body

YOGA Restore your mind/body connection with flow, breathing techniques, and ancient postures

YOGA & MEDITATION A relaxing yoga class including mindful meditation for the ultimate mind/body experience

- Fitness classes are complimentary for hotel guests and members.
- Must be 14 years of age or older to use the fitness facilities.
- Shirts and shoes must be worn at all times.
- Classes are tailored to the fitness level of our guests and members. Please inform the instructor if you have any medical conditions or injuries that require you to modify your level of intensity.



CALIFORNIA HEALTH
&
LONGEVITY INSTITUTE