

FITNESS SCHEDULE

October 2020

MONDAY

9:45 am - 10:35 am | Yoga & Meditation | Pagoda Lawn | Ana
5:00 pm - 5:50 pm | H.I.I.T | Activity Lawn | Jenny

Per L.A County Mandate, all physical activity must now be outdoors, effective August 11th until further notice.

TUESDAY

8:30 am -9:20 am | HIIT | Activity Lawn | Jesse
5:00 pm - 5:50 pm | Vinyasa Yoga | Pagoda Lawn | Caroline

Face coverings are not required while engaged in outdoor activities requiring heavy exertion, but at least 8 feet of distance is required from others during these activities.

WEDNESDAY

4:30 pm - 5:20 pm | Kickboxing | Activity Lawn | Jenny

Class schedules and instructors are subject to change or cancellation. Due to physical distancing requirements, class locations may be subject to change to accommodate class sizes without advanced notice. Thank you for your flexibility.

THURSDAY

5:30 pm - 6:30 pm | Battle Cycle | Outdoor Fitness Center | Don

When in operation, the areas below have the following capacities:

FRIDAY

5:00 pm - 5:50 pm | Vinyasa Yoga | Pagoda Lawn | Jill

SATURDAY

8:15 am - 8:50 am | Family Fitness | Activity Lawn | Jesse
9:00 am - 10:00 am | Tai Chi Fusion | Pagoda Lawn | Jenny

Lockers Max. Capacity 4
Studio Max. Capacity 5
Spin Studio Max. Capacity 6
Fitness Floor Max.Capacity 15
Pool Max. Capacity for Swimming 16
Pool Max.Capacity for Loungers 30
Patio Max. Capacity for Loungers 21

SUNDAY

9:00 am - 9:50 am | Vinyasa Yoga | Pagoda Lawn | Caroline



HOURS

FITNESS CENTER

6:00 am - 9:00 pm |

INDOOR POOL

6:00 am - 9:00 pm | Closed until further notice.

KIDS' CENTERS

9:30 am - 7:30 pm |

CLASS DESCRIPTIONS

BATTLE CYCLE You will be dancing throughout this entire cycling class as we battle between two different artists or music genres. The music will change weekly to keep you motivated and keep your mind off the hard work!

FAMILY FITNESS Start your weekend off on the right foot with this full body, circuit style class that incorporates, cardio, resistance bands, kettlebells, and more to create a fun workout for the whole family!

H.I.I.T High Intensity Interval Training! Kick your metabolism into overdrive with this energetic class that focuses on targeted short bursts of high intensity exercise followed by a short recovery.

TAI CHI FUSION Breathe deeply and naturally, focusing your attention on slow, smooth movements, allowing your Qi to flow freely releasing any tension while improving circulation with deep rhythmic breathing

VINYASA YOGA Flow continuously through strong sequences of traditional Sun Salutations and standing postures. Link breath with movement to build strength and endurance as you push the edge of your balance and flexibility.

YOGA & MEDITATION Move both mindfully and powerfully in this traditional yoga class while using breath work to help ease your mind into finding a more gentle focus for your day.

KICKBOXING No equipment or experience needed for this fun, energetic and challenging workout.

- 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