

## Group Fitness Schedule

### We offer 2 types of Group Fitness Classes:

1. **Free** Classes included with membership dues which is the following chart.
2. **Fee Based** Classes- please see program brochures and contact instructors for the costs of these various classes:  
Click here to scroll down to fee based classes: [FEE BASED CLASSES](#)

## LA CAMARILLA GROUP FITNESS, YOGA & SPINNING SCHEDULE

### FREE CLASSES Schedule effective AUGUST 2010

TIME FRAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am		5:00am SPINNING Jodi		5:00 SPINNING Keith			
5:45 am 6:00 am	5:45am will return in August Kathy	5:45am BEG-INT YOGA Lynn	5:45 am ZUMBA Debbie	5:45am YOGA Lynn	5:45am -7:00am ADV YOGA Scott		
6:45 am 7:00am		7:00am SPINNING Kathy		7:00am SPINNING Kathy	7:30-8:00am ABS & GLUTES Kathy	7:00am SPINNING Jodi  7:30am ZUMBA-Deb & Vic	
8:00am 8:30am	8:00am STEP PLUS Victoria  8:00 SPINNING Kathy	8:00am ADV BODY SCULPT Kelly	8:00am ZUMBA Victoria	8:00am SINGLE - STEP Kelly	8:15 MULTI-STEP N HI-LO Kathy	8:30am* STEP N HI-LO Lena  8:45am - 10:15am OPEN SPINNING Victoria Join in class at any point during the above time frame	8:00am LO IMPACT- INTRO TO ZUMBA Anna
9:00am 9:15am 9:30am	9:00-10:15am YOGA Denise	9:00am MUSCLE CARDIO Ginny  9:15am SPINNING Anna	9:00-10:15am YOGA Gloria All levels welcome	9:00am ADV BODY SCULPT Kelly  9:15am SPINNING Anna	9:00am STRETCHING Kathy	9:30am* MUSCLE CARDIO Ginny	9:00am MULTISTEP N HI LO Kathy  9:15am SPINNING Franne  9:45-10:40am STRETCH Kathy
10:00am 10:30am		10:00am SENIOR WORKOUT Chris		10:15am TAI CHI Jake	10:00am SENIOR WORKOUT Chris  10:30am EXPLORING YOGA Lisa	10:30am-11:45am INT/ADV YOGA Lynn	10:45 - 11:45am ADV YOGA Steve
11:00am 11:30am		11:30am-12:15am GENTLE YOGA Denise					
4:30pm 5:00pm	5:00pm BEG YOGA Lynn	5:00pm ADV BODY SCULPT Lena	5:00pm STEP LAST WED - MULTI STEP Victoria	5:00pm SPINNING Debbie			
6:00pm 6:30pm	6:00pm SPINNING-Debbie  6:10pm EXTREME WORKOUT Abay	6:15pm INT/ADV YOGA Lynn	6:00pm SPINNING-Vicki Last Wed - 1 1/2hrs  6:00pm PILATES YOGA INFUSION Leslie	Look for New Class Soon! Kids Fitness? Family Fitness?			
7:00pm				7:00pm 2nd & 4th Thurs YIN YOGA Lynn			

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**ALL CLASSES LAST 1 HOUR UNLESS SPECIFIED OTHERWISE.** Schedules may be changed or classes canceled from time to time due to class popularity. All classes are evaluated monthly. Management will make every effort to make any changes at the beginning of a month.

**NO CELL PHONES IN CLASS PLEASE.**

**NEW FOR AUGUST:** New start time for for Friday Multi-Step N Hi-Lo with Kathy- 8:15am. New class coming soon for Thursday evenings- possible Kids/Family Fitness class.

[Printer Friendly Version](#) - Updated on **AUGUST 6, 2010**

**CLASS DESCRIPTIONS**

**BODY SCULPTING:** Tone and define your body using resistance. This is also a good \*beginning\* for those interested in the weight room or those that need help in a variety of different exercises. Exercises are always changing to provide the body with new stimulants. Improves muscular endurance.

**EXTREME WORKOUT:** A 'boot camp' style class - this class is for the person that needs an extra challenge - taught by a certified personal trainer - challenges all aspects of the muscular endurance, cardiovascular endurance - lots of ab and hip workouts.

**HI-LO IMPACT:** This fat burner is a fast-paced workout which includes a great deal of propulsion. Lo-Impact is non-propulsion class, one foot always remains in contact with the floor during the cardio.

**MUSCLE CARDIO:** This class uses handweights with movement - sculpt your body while maintaining an elevated heart rate thereby making it a cardiovascular exercise as well as a toning exercise class.

**MAT PILATES:** A contemporary approach to the "mind-body" exercise method pioneered by the late Joseph Pilates. It incorporates modern exercise science and rehabilitation principles, eliminating contraindicated movements while emphasizing neutral alignment, core stability and peripheral mobility. Flattens, tones and strengthens abs, provides longer, leaner muscles, improves posture, increases circulation, relieves tension and improves body awareness.

**STEP:** All STEP classes utilize a platform for stepping up and down while incorporating different arm and foot patterns. Various class formats are offered to keep you challenged, including intervals where the heart rate fluctuates with varying workloads. MULTI STEP - utilizes 4 steps - you will be sharing steps with other members in the class therefore basic knowledge of step is required - this class is very challenging and is recommended for the intermediate & experienced stepper.

**SPINNING:** It's simple, it's exciting and it's a non-impact cycling adventure on a stationary bike. Classroom format - all levels welcome as each person is in control of his/her own bike and it's intensity level.

**STRETCH CLASS:** Simple basic stretches for every part of the body. There are many different ways to lengthen shortened muscles, tightened tendons and ligaments. Find a way in this class that works great for you and continue throughout the week to keep the muscles loose. Some stretches are yoga based but there is no chanting or yoga flow movements. Use of a strap is recommended for those that are very tight. Mats are provided by the club.

**TRIPLE PLAY:** 20-20-20 Format for healthy Seniors includes cardio, strength training and flexibility training. Also includes 2 instructors, at least one of which is a personal trainer - FREE to members. Includes spinning, lo impact, step and functional training.

**YOGA:** Yoga creates a strong elastic body while the work?out reduces fatigue, soothes the nerves and disciplines the body and mind. Yoga I is designed for beginners - concentrates on flexibility, breathing and technique. Yoga II is more advanced and incorporates HATHA postures (physical exercise) and meditation.

**ZUMBA:** Zumba combines high energy and motivating Latin music with unique moves and combinations that allow participants to dance away their worries. Zumba is based on the principle that working out should be fun and easy to do, which encourages participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-good" experience that is great for both the body and the mind!

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## RULES & REGULATIONS

The rules and regulations below are specifically designed to maximize the benefits of your workout and to ensure your comfort and safety at all times.

1. Classes begin and end promptly. Please be on time. The warm up is important to avoid injury. If you are late, warm up BEFORE entering the classroom (5 minutes on the cardio equipment would be sufficient).
2. Although we do encourage everyone to be friendly, please do not converse with each other during your workout. Please remain in the lobby until the preceding class has concluded. Once class has ended, please take your conversations outside the aerobics area so that the next class can begin on time.
3. Be considerate of other members' space. Do not crowd a member who has arrived in class before you. Although we understand that many of you love certain classes, and that you may have certain limitations and therefore may be restricted on certain moves if you must "do your own thing" please do so in an inconspicuous manner in the back corner of the room. Members participating in a "Multi Step" class, where you will be invading someone else's space on a regular basis, must follow the instructor's cues. If you have any restrictions/limitations, please speak to the instructor prior to the beginning of class - the instructor will provide \*optional moves\* when appropriate.
4. Children under the age of 14 must have the approval of the Aerobics Director prior to participation in class.
5. Please introduce yourself to the instructor so that they can make your workout more enjoyable. If you are not sure what class is appropriate for your ability level, contact the Group Fitness Director for guidance.
6. Water bottles are encouraged during class use. However, because the room becomes very humid during class, all water bottles must have a lid on them and must be placed on a towel so that they do not "sweat on the floor". **All spinners must bring a water bottle to class - THIS IS MANDATORY.**
7. If you sustain an injury during the class, you **MUST** report it to the front desk no matter how insignificant it may seem.
8. Shirts and shoes must be worn at all times for aerobics and body sculpting classes. The use of a towel is recommended.
9. Yoga participants usually bring their own mat for personal hygiene, however, we do provide a few mats.

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## LA CAMARILLA GROUP FITNESS SCHEDULE

### FEE BASED CLASSES Schedule effective AUGUST 2010

These classes are fee based classes - as each program has different parameters.

Please see specific program brochures for prices and start/end dates.

TIME FRAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am		6:00am BODY BUDDIES Kathy		6:00am BODY BUDDIES Kathy			
7:00am						8:00am CARDIO TENNIS See Tennis Schedule	
8:00 am	9:00am BODY BUDDIES Kathy	8:00am BODY BUDDIES Kathy		8:00am BODY BUDDIES Kathy			
		9:00am BODY BUDDIES Kathy	9:00am	9:00am ABAY'S ABSOLUTE GROUP WORKOUT Abay		8:30-10:00am	9:00am ABAY'S ABSOLUTE

9:00am		ABAY'S ABSOLUTE GROUP WORKOUT Abay	BODY BUDDIES Kathy	9:00am BODY BUDDIES Kathy		BODY BUDDIES Kathy	GROUP WORKOUT Abay
10:00am	10:00am BODY BY ABAY GROUP WORKOUT Abay		10:00am BODY BY ABAY GROUP WORKOUT Abay		10:00am BODY BY ABAY GROUP WORKOUT Abay		
10:30am		10:30am CARDIO TENNIS See Tennis Schedule					
11:00am		11:00am POWER TENNIS Abay			11:00am POWER TENNIS Abay		
4:00pm	4:00 - 5:00pm BODY BUDDIES Kathy 4 Beginners By Appt Only	4:00 - 5:30pm BODY BUDDIES Kathy		4:00 - 5:30pm BODY BUDDIES Kathy			
5:30pm							
6:00 - 7:00pm			7:00pm CARDIO TENNIS See Tennis Schedule		6:00 - 7:30pm BALLROOM DANCE LESSONS Mariyana		

**NEW for JULY** - Ballroom Dance Lessons on Friday at 6pm. Members & Non-members welcom. \$10 per class for members..  
**ALL CLASSES LAST 1 HOUR UNLESS SPECIFIED OTHERWISE**

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