

Shiley Fitness Center Exercise Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spinning FC, 6:30 AM, Teresa		Spinning FC, 6:30 AM, Teresa	Pilates YR, 6:30 AM, Danica
	Ab Sculpt FC, 7:40 AM, Teresa		Tone & Sculpt FC, 7:40 AM, Teresa	
	Aquacize P, 9 AM, Amy		Aquacize P, 9 AM, Amy	
Gentle Yoga YR, 9:30 AM, Amy	Stretch & Balance YR, 10 AM, Beth	Zumba Gold YR, 10 AM, Amy		
	Healthy Bones FC, 11 AM, Beth	Pilates Fusion YR, 11 AM, Amy	Healthy Bones YR, 11 AM, Amy	
	Vinyasa Yoga YR, Noon, Amy		Restorative Yoga YR, Noon, Jeny	Vinyasa Yoga YR, Noon, Kathi
Spinning FC, 12:15 PM, Kathi	HIIT Circuit FC, 12:15 PM, Beth	Rep Reebok FC, 12:15 PM, Kathi	HIIT Circuit FC, 12:15 PM, Beth	Cardio Kick FC, 12:15 PM, Teresa
		PD BalCirc FC, 1:30 PM, Danica	RYST for Cancer Survivors YR, 1:30 PM, Jeny/Mark	Tai-Chi YR, 1 PM, Dan
PD Keep Moving YR, 2 PM, Danica	PD+ Stretch & Balance FC, 2 PM, Amy	PD Boxing YR, 2 PM, Teresa/Rocky		PD Keep Moving YR, 2 PM, Danica
Zumba FC, 5:15 PM, Amy			Tai-Chi YR, 5:15 PM, Noel	
Vinyasa Yoga YR, 6 PM, Amy	Spinning FC, 5:30 PM, Beth	Sports Conditioning FC, 5:30 PM, Amy	Spinning FC, 5:30 PM, Beth	

For more information, please call (858) 554-3488. FC = Fitness Center; P = Pool; YR = Yoga Room.
All classes are included with FC membership.

Shiley Sports and Health Center

10820 N. Torrey Pines Rd. • La Jolla, CA 92037 • 858-554-3488 • www.scripps.org/shiley

Class Descriptions

Ab Sculpt / Tone & Sculpt: Intense, nonstop ab/weight training with medicine balls and free weights. 30 minutes

Aquacize: A vigorous, water-supported exercise class using water resistance to increase cardiovascular endurance, muscle tone and flexibility. 50 minutes

Cardio Kick: A combination of martial art techniques, boxing, and fast pace cardio. All levels welcome. 60 minutes

Gentle Yoga: A class designed for all levels and capabilities. Traditional yoga poses and philosophy are taught with the use of chairs and other props. Stretch, strengthen and calm your mind and body with this gentle approach to yoga. Perfect for beginners! 50 minutes

Healthy Bones: Designed to safely minimize bone loss and promote bone health, the class utilizes weights, bands and yoga postures to build stronger bones, improve balance and promote functional strength and fitness. 45 minutes

HIIT Circuit: High Intensity Interval Training incorporates short bursts of intense strength and cardio-based exercises for a challenging and dynamic workout. 45 minutes

Masters Swim: A coached workout designed to improve technique, endurance and speed. Level 1 – Beginning/intermediate swimmer. Level 2 – Advanced swimmer. (For the Masters Swim schedule, see **Outdoor Pool Schedule** flyer.) 60 minutes

PD Balance Circuit: Kinesis-based circuit designed for improving balance, strength and coordination in those with Parkinson's disease. 30 minutes

PD Boxing: For improving balance, strength and coordination in those with Parkinson's disease. 30 minutes

PD Keep Moving: This class uses a variety of fitness tools to improve balance, strength, flexibility and endurance in those with Parkinson's disease. 30 minutes

Pilates: Build a strong, lean body from the inside out with mat-based exercises that focus on core balance and posture. 45 minutes

Pilates Fusion: Traditional mat Pilates blended with yoga and therapeutic movement. This class improves core strength, flexibility and joint health. 50 minutes

Rep Reebok: Strength training-based group exercise class. 50 minutes

Restorative Yoga: Yin/Restorative Yoga promotes stillness in the body and mind while using props to allow deep relaxation. Composed of all seated or reclined poses that are held 2–7 minutes each, this class will challenge the mind to remain present while physically and mentally releasing tension. Expect to leave feeling relaxed and renewed with a sense of calm energy. Great for all levels! 60 minutes

RYST for Cancer Survivors: Restorative Yoga (see above) and Sound Therapy (with singing bowls, chimes, drums and gongs) focuses on relaxation and rejuvenation. 60 minutes

Spinning: An invigorating cardiovascular workout for all fitness levels. Reservations can be made the same day. A water bottle and towel are mandatory for the class. 60 minutes

Sports Conditioning: A combination of strength, cardio, muscle, endurance, flexibility, core, and functional movement patterns. All fitness levels welcome! 55 minutes

Stretch & Balance: A low-impact class that focuses on functional exercises for range of motion, coordination and balance. 45 minutes

Tai-Chi: Gentle exercises to calm the mind, strengthen the body, and energize the spirit. 60 minutes

Vinyasa Yoga: This invigorating form of yoga will balance, strengthen and lengthen your body and mind through poses that flow from one to another in conjunction with the breath. 60 minutes

Zumba: Dance your way to fitness! This sweaty, sassy workout is great for improving cardiovascular fitness and coordination, not to mention your mood! Zumba Gold is a kinder, gentler version especially designed for seniors. 45 minutes