

# Shiley Fitness Center Class Schedule 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Aquacise 10 AM Amy P		Aquacise 10 AM Amy P	
Mat Pilates 11 AM Danica YR,V	Move and Groove 11 AM Amy FC	Healthy Bones 11 AM Amy YR,V	Stretch & Strength for Healthy Bones 11 AM Erica YR,V	Exercise for Lymphedema 11 AM Amy FC
				Healthy Bones 11 AM Erica YR,V
				Kickboxing 12 PM Erica YR (Gloves Recommended)
Vinyasa Yoga 12:30 PM Amy YR,V	Restorative Yoga 12:30pm Kathryn YR	Gentle Yoga 12:30 PM Amy YR,V		
PD Keep Moving 2 PM Danica YR,V	Restorative Yoga with Sound Healing for Cancer Survivors 2 PM Kathryn YR	PD Balance Circuit 2 PM Danica YR,V	Balance & Gait 2 PM Amy YR,V	PD Yoga 2 PM Danica YR, V
		PD Boxing 2:30 PM Rocky YR,V		
			Total Body Burn 4:00pm Erica TR or FC	
Sculpt 5:30 PM Amy FC		Hatha Yoga with Meditation 5:30 PM Amy YR	Cardio HIIT 5:30 PM Amy FC	

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

**Shiley Sports and Health Center**

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## Class Descriptions

**Aquacize:** A vigorous, water-supported exercise class using water resistance to increase cardiovascular endurance, muscle tone and flexibility. Good for all fitness levels. 45 minutes

**Balance and Gait:** A gentle class focusing on balance, stability and gait. Standing, seated and floor exercises will be used to improve dynamic and static balance. 45 minutes

**Cardio HIIT: (*High Intensity Interval Training*)** A high-intensity workout incorporating cardio, agility, strength and core for a total body workout. 45 minutes

**Exercise for Lymphedema:** A gentle class designed to improve circulation through the use of mobility, cardiovascular, and strength exercises. Modifications and variations will be included to accommodate all fitness levels. Advance notice required prior to attending. 45 minutes

**Gentle Yoga:** A class designed for all levels and capabilities. Traditional yoga poses and philosophy are taught with the use of mats 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

**Kickboxing:** Kick and punch your way to your fitness goals. This class is a vigorous workout using bags to get a total body cardio workout. Gloves are strongly recommended. 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

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

**Move and Groove:** Get your body moving with this low impact, dance based, cardio workout. Improve your agility, balance and coordination while having fun! 45 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. 45 minutes

**PD Yoga:** Especially designed for people living with Parkinson's Disease, 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. 45 minutes

**Restorative Yoga:** A restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind. 60 minutes

**Sculpt:** Vigorous yet low-impact workout using weights, bands and bodyweight exercises to strengthen and tone the entire body. 45 minutes

**Spin:** An invigorating cardiovascular workout for all fitness levels on stationary bikes. A water bottle and towel are mandatory for the class. 45 minutes

**Total Body Burn:** Intense total body workout that includes strength, cardio and core. Uses weights, bands and bodyweight exercises. 45 minutes

**Total Strength:** Total body workout that uses weights, bands, and bodyweight exercises to improve strength. 45 minutes

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