<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Spin and Core 6:45 AM Teresa</td>
<td>Pilates 6:45 AM Danica</td>
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<tr>
<td>Aquacise 10 AM Amy</td>
<td>Aquacise 10 AM Becky</td>
<td>Aquacise 10 AM Amy</td>
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<tr>
<td>Mat Pilates 11 AM Danica YR,V</td>
<td>Move and Groove 11 AM Amy FC</td>
<td>Healthy Bones 11 AM Amy YR,V</td>
<td>Healthy Bones 11 AM Becky YR,V</td>
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<tr>
<td>Total Strength 12 PM Becky FC</td>
<td>Mat Stretch &amp; Core 12 PM Becky YR,V</td>
<td>Healthy Bones Circuit 12:00 PM Amy FC</td>
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<tr>
<td>Vinyasa Yoga 12:30 PM Amy YR,V</td>
<td>Restorative Yoga 12:30pm Kathryn YR</td>
<td>Gentle Yoga 12:30 PM Amy YR,V</td>
<td>Myofascial Release 12 PM Becky YR</td>
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<tr>
<td>PD Keep Moving 2 PM Danica YR,V</td>
<td>Restorative Yoga with Sound Healing for Cancer Survivors 2 PM Kathryn YR</td>
<td>PD Balance Circuit 2 PM Danica YR,V</td>
<td>Balance &amp; Gait 2 PM Amy YR,V</td>
<td>2 PM PD Boxing with Rocky Chair Yoga 2:30 PM Danica YR,V</td>
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<tr>
<td>Sculpt 5:30 PM Amy FC</td>
<td>Pelvic Floor &amp; Core Conditioning 5:00 PM Becky YR</td>
<td>Cardio HIIT 5:30 PM Amy FC</td>
<td>Spin 5:30 PM Tabitha FC</td>
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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.
Aquacise: 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

Chair Yoga: 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. 30 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! 60 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

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

Mat Stretch & Core: Join us for this complete mat workout. Class begins with light stretching and builds to focused core and lower back work. All levels welcome, participants may bring their own mats. 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

Myofascial Release: Using foam rollers, this class will roll out the body’s fascia helping to rejuvenate and release tightness of the tissues that support the muscles. 30 minutes

PD Balance Circuit/Boxing: Designed for improving balance, strength and coordination in those with Parkinson’s disease. 30 minutes; Boxing: Continuation of circuit with boxing inspired moves, to improve strength and coordination. 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

Pelvic Floor & Core Conditioning: A class designed for all levels; emphasis on pelvic strengthening and core conditioning integrating the lower back and gluteal muscles. Proper breathing technique will be introduced. 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 Strength: Total body workout that uses weights, bands, and bodyweight exercises to improve strength. 60 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