

Effective as of April 4, 2012

group fitness schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		VANESSA	7:30 am-8:30 am <i>Bootcamp</i> Sheh Yen	VANESSA	TBA	Charletha	7:20 AM Renee
7:30 AM	Vanessa (7:30 am)					<i>Cardio Kick!</i> 8:15am w/ Rebecca	
8:30 AM		<i>CARDIO HIP HOP</i> W/ SABRINA F.	<i>Keep it Low!</i> Kim	Tabata w/ Shey-Yen	<i>Yoga*Cardio*Ballet</i> Bethany		8:30 AM Renee
9:30 AM	<i>Yoga</i> Seema	<i>Girl Power!</i> Katina	<i>ZUMBA w/</i> <i>RHEEMA</i>	<i>Muscle Works</i> Katina	<i>HOT HULA</i> w/Emily	<i>Girl Power!</i> Katina	<i>Mat Pilates</i> Kelly E. / Rebecca Farr
10:30 AM		<i>Pilates (mat)</i> Kelly	<i>Yoga</i> Joella	<i>Gentle Yoga</i> Seema	<i>Yoga</i> Seema	<i>ZUMBA</i> Dorothy	<i>HOT HULA</i> Bianca
11:30 AM		<i>Yoga</i> Seema		<i>Yoga</i> Seema			<i>ZUMBA</i> Bethany
1:00 PM							<i>TAI CHI</i> with Kathy
5:30 PM		Rebecca	<i>Yoga</i> Rebecca M.	<i>Cardio Training</i> Charletha	5:30 pm <i>RIPPED W/ KELLEY</i>	Tai Chi Starts April 14th!	
6:30 PM		<i>Core Strength, Balance &</i> <i>Muscle Sculpt</i> Rebecca F.	<i>Rhythm</i> <i>Movements</i> Kelley H.	<i>Girl Power!</i> Kim / Leslie	<i>Yoga</i> Seema		
7:30 PM		<i>Pilates (mat)</i> =Rebecca Farr	<i>Boot Camp</i> Kelley H.	<i>ZUMBA</i> Angela	<i>ZUMBA</i> Angela		

Class descriptions:

* all classes are 1hr unless otherwise indicated

* attendance determines if a class remains on the schedule!

Girl Power!

Girl Power is a 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Girl Power is for all ages and fitness levels. Discover results, discover change! (Limit 15 per class)



Ride your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On and Burn Calories! (limit 15 per class)

Keep it Low!

Want to increase your energy level in a one hour period? One foot is always on the floor. 45 minute workout, cool down and abdominal stretching. Great for any level of fitness!!

Cardio Training

An aerobics class with an emphasis on improving your overall strength, defining muscle tone, and improving muscular balance.

Cardio Kick

Cardio vascular workout involving kickboxing techniques to improve muscle tone, flexibility, balance, and self-defense.

Boot camp

A one hour class specializing in increasing cardio vascular health. By getting your heart healthy, it increases overall body endurance and energy levels.

Mat Pilates

Created by a Dancer; Provides stimulating stretching and strengthening without adding bulk, improves posture, coordination and better range of movement. Concentrates on pelvic floor area.

Hours: M-Th: 5:30am - 10pm;
Fri 5:30am - 9pm
Sat: 7:30am - 6pm;
Sun: 7:30am - 3pm



2000 Huntington Drive San Marino, CA 91108 tel: 626.284.7741

Hatha Yoga

Classes focus on building strength, improvement of posture, flexibility, vitality and structural alignment. Hatha Yoga is followed in all classes, unless otherwise stated.

ZUMBA

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Rhythm Movements

A Hi/Low Latin and R&B moving Cardio workout! Latin, Hip Hop and "Old School" style exercise. Arrangements change every couple of weeks to keep the class fun and moving.

Yoga* Cardio* Ballet

Exclusive to Women's World: Just the right amount of Yoga to work on your core, great dance numbers to challenge your cardiovascular system, and beautiful basic ballet movements to help lengthen your muscles, improve your posture, and core.

Tabata

The Tabata Protocol: Supra-Aerobic Cardio: World's greatest fat burning workout!
Never heard of the Tabata Protocol? Created by Izumi Tabata, the Tabata Protocol is simply the best supra-aerobic cardio workout ever discovered.
The rate of increase in VO2max is one of the highest ever reported. - Izumi Tabata, Japan
Fat burn is greater when exercise intensity is high. - Metabolism

R.I.P.P.E.D.

Experience this total body "plateau proof" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective...

HOT HULA.



HOT HULA fitness® is a fun, new and exciting dance workout. It provides a "total body workout" in 60 minutes. **HOT HULA fitness®** isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, **HOT HULA fitness®** incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy **HOT HULA fitness®**. Join the hundreds of **HOT HULA fitness®** enthusiasts toward achieving weight-loss and fitness goals. You'll sweat away the calories while having fun.