




Fitness Schedule

July 2010: Scripps Ranch Swim & Racquet Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05 am 55 min Cardio-Interval Sculpt w/ Shauna 7:30 am 55 min Step & Rep-Reebok w/ Ruth 8:30 am 45 min SPIN w/ Jamie 9:30 am 30 min MaxBURNfx w/ Heidi 10:00 am 30 min  w/ Heidi	6:05 am 55 min Step & Abs w/ Heidi 7:30 am 55 min Triad Workout w/ Ruth 9:30 am 55 min Cardio Circuit w/ Yoshi	6:05 am 55 min Core & More w/ Heidi F. 7:30 am 55 min Step & Rep-Reebok w/ Ruth 9:00 am 55 min Mat Pilates w/ Jaime 12:00 pm 45 min SPIN w/ Gabriel	6:05 am 55 min Pump and Pedal w/ Yoshi 7:30 am 55 min Triad Workout w/ Ruth 8:30 am 55 min Pilates Strength Fusion w/ Shauna 9:30 am 30 min MaxBURNfx w/ Heidi 10:00 am 30 min QuickFit- YogaFit w/ Heidi 10:30 am 30 min QuickFit- YogaFit-2 w/ Heidi	6:05 am 55 min Core Conditioning w/ Jaime 7:00 am 45 min SPIN w/ Jamie 7:30 am 55 min Walking Workout Trails Club w/ Ruth 9:30 am 55 min Step, Kick And Crunch w/ Heidi	7:00 am 45 min SPIN w/ Yoshi 8:00 am 55 min B.E.S.T. w/ Vickie 9:00 am 55 min YogaFit w/ Vickie Join us on July 10h for Kathi's FREE TRX Workshop 11 - 12pm
Evening Classes				Ask About Our Nutritionals Or visit our store online fiitxsandiego.usana.com	Sunday
4:15 pm 45 min SPIN w/ Jamie 5:15 pm 45 min MaxBURNfx w/ Jaime 6:10 pm 55 min Yoga w/ Rene	5:00 pm 55 min Cardio Circuit w/ Mike 6:10 pm 55 min Pilates w/ Heidi	5:00 pm 45 min SPIN w/ Jamie 6:10 pm 55 min YogaFit w/ Heidi	4:15 pm 45 min NEW--SPIN w/ Jamie 5:15pm 45 min Cardio-Interval Sculpt w / Jaime 6:10 pm 55 min Pilates w/ Heidi	 Nutritionals You Can Trust™	No Class 07/04 8:00 am 55 min Bootcamp w/ Jaime 9:00 am 55 min Power Pilates w/ Jaime

- **Classes are FREE to SRSRC Members.**
- **All Classes will be in the new fitness room**
- **Spin Bikes MUST be reserved.** Spin classes are limited to 11 members. Call 271-6222 the day prior to class to reserve your bike. Only one reservation per call.
- Classes are FREE for SRSRC Members
- Towel and water bottle are recommended for all classes.
- Go to www.fitxsandiego for an online schedule



If not 2010, then when?!





SCRIPPS RANCH SWIM & RACQUET CLUB

Class Descriptions

B.E.S.T. - Balance, endurance, strength and training come together to make your workout the best.

Cardio Circuit - A fun way to get your cardio, using all different types of equipment *(All Fitness levels)*

Cardio Sculpt - Combining low impact aerobics with strength training. *(All Fitness levels)*

Cardio Challenge - Combining low impact aerobics with kick and plyometrics. *(All Fitness levels)*

Cardio Interval Sculpt - Bursts of high intensity drills with strength training. *(All Fitness levels)*

CORE & More - A fusion of strength building Pilates moves with classic muscle conditioning.
(All Fitness levels)

MaxBURNfx - High intensity circuits that challenge your endurance and strength. *(All Fitness levels)*

Pilates - Intermediate to advanced class. Fast paced with upbeat music. A great challenge for your core.

Pump and Pedal- Push your body and take your workout tot the next level with this spin and strength combo. No reservation needed

Quick Fit Classes - 30 minutes of: *(All Fitness levels)*

- * **Cardio**- with step & kick-boxing
- * **Core Conditioning**- learn ways to strengthen your abs, back & glutes.
- * **MaxBURNfx**—High intensity cardio and strength circuits
- * **Yogafit**— combining Hatha Yoga practice w. modern fitness movement

Spin- Spin is an intense athletic cardiovascular training class performed on a stationary bike. Bikes MUST be reserved the day prior to class *(Int. to Advanced fitness level)*

Step & Abs - Step workout with ab work to finish class. *(Int. to Advanced fitness level)*

Step, Kick & Crunch- A mixture of step and Turbo Kick. A high energy, fast paced class that will burn tons of calories. Come with a open mind and be ready to have fun!

Step & Rep Reebok - Step workout with traditional segmented strength training. *(All Fitness levels)*

Triad Work Out - Low impact aerobics, Rep Reebok and YogaFit. *(All Fitness levels)*

Walking Workout - Meet at Whispering Ridge for a 30 min walk and then 30 min of YogaFit
(All Fitness levels)

YogaFit - Exercise-based Hatha approach to yoga. *(All Fitness levels)*



This Fit-X exclusive work out is a fusion of Hatha Yoga Asanas and traditional strength training exercises using light hand weights, body bars, static weighted bars, and/or elastic bands. Sample it Monday mornings at 10:00am with Heidi



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator
Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"