



Fitness Schedule

May 2012: Scripps Ranch Swim & Racquet Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*See Memorial Day Schedule for classes on 5/28	6:05 am 55 min B.E.S.T w/ Vickie	6:05 am 55 min Zen Spin w/ Shauna	6:05 am 55 min Pump and Pedal w/ Yoshi	6:05 am 55 min Hard Core Interval Training w/ Jaime	7:00 am 45 min SPIN w/ Yoshi
6:05 am 55 min Cardio-Interval Sculpt w/ Shauna	7:30 am 60 min Triad Zumba w/ Yoshi	7:30 am 55 min Triad Cardio Step w/ Yoshi	7:30 am 45 min Zumba w/ Ruth	7:00 am 45 min SPIN w/ Jamie	8:00 am 55 min B.E.S.T. w/ Vickie
7:30 am 45 min Zumba w/ Ruth	9:30 am 55 min SPIN w/ Yoshi	9:10 am 50 min Mat Pilates w/ Jaime	8:30 am 55 min Pilates Strength Fusion w/ Shauna	9:30 am 55 min Turbo Max w/ Heidi	9:00 am 55 min Yoga w/ Vickie
8:30 am 45 min SPIN w/ Jamie		10:15 am 60 min SPIN plus ABS w/ Shauna	9:30 am 30 min Fit-X MaxBURN w/ Heidi	10:30 am 60 min SPIN plus ABS w/ Shauna	10:15 am 60 min SPIN plus ABS w/ Shauna
9:30 am 30 min Fit-X MaxBURN w/ Heidi			10:00 am 60 min YogaFit w/ Heidi		
10:00 am 30 min Mat Pilates w/ Heidi					
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Evening Classes					Sunday
4:15 pm 45 min SPIN w/ Jamie	5:15 pm 45 min Zumba w/ Ruth or Heidi	4:00 pm 50 min Cardio Circuit w/ Jamie	4:15 pm 45 min SPIN w/ Jamie		No Spin Classes 5/13 Mother's Day
5:15 pm 45 min Fit-X MaxBURN w/ Jaime	6:10 pm 55 min Mat Pilates w/ Heidi	5:00 pm 60 min SPIN w/ Jamie	5:15pm 45 min Cardio-Interval Sculpt w / Jaime		8:00 am 55 min Bootcamp w/ Jaime
6:10 pm 55 min Yoga w/ Judi	7:15 pm 55 min SPIN w/ Kathi	6:10 pm 55 min YogaFit w/ Heidi	6:10 pm 55 min Core Challenge w/ Heidi		9:15 am 60 min Mat Pilates w/ Shauna
		7:15 pm 55 min Zumba w/ Nancy	7:15 pm 55 min SPIN w/ Kathi		3:00 pm 50 min *SPIN w/ Jamie
					4:00 pm 60 min *SPIN plus ABS w/ Jamie

- **Classes are FREE to SRSRC Members.**
- **Spin Bikes MUST be reserved.**
Spin classes are limited to 15 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





SCRIPPS RANCH SWIM & RACQUET CLUB

Class Descriptions

- Bootcamp** A balance of cardio, resistance training and functional flexibility with high intensity sport drills including plyometrics and many work out surprises *(Int. to Advanced fitness level)*
- B.E.S.T.** Balance, endurance, strength and core training come together to make your workout the best.
- Cardio Interval Sculpt** - Bursts of high intensity drills with strength training. *(All Fitness levels)*
- Cardio Circuit-** The ultimate cardio challenge. A circuit style class using Medicine Balls, Bosu Balls, Ropes, TRX Suspension Training, Spin Bikes, Kettlebells and more. A great workout to switch up your current fitness routine *(All Fitness levels)*
- Core Challenge-** Pilates meets strength training in this faced paced core workout. Use of small balls, light dumbbells, resistance tubing and gliding discs may be used to give your core the ultimate challenge
- Hard Core Interval Training** - Spinning meets core training in this fun interval training class. You do not have to reserve a bike for this class. *(All Fitness levels)*
- Fit-X 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.
- * **Mat Pilates-** Designed to streamline the body while increasing flexibility, balance and strength *(All Fitness levels)*
 - * **Pilates Strength Fusion** - Works the body from inside out by fusing Pilates and resistance training, to deliver results in weight loss and strength. Improve balance and flexibility. *(All Fitness levels)*
- Pump and Pedal** Push your body and take your workout to the next level with this spin and strength combo. No reservation needed
- 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)*
- Spin & Abs** Add an Ab workout to your spin training for an excellent core workout Bikes **MUST** be reserved the day prior to class *(Int. to Advanced fitness level)*
- Triad Cardio Step** Step workout with traditional segmented strength training. *(All Fitness levels)*
- Turbo Max** A blend of Max Burn and Turbo Kick for the ultimate calorie burn
- Triad Zumba** Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Mix in the Triad format of combining strength, resistance training and functional flexibility and you have Triad Zumba. *(All Fitness levels)*
- Yoga** Exercise-based Hatha approach to yoga. *(All Fitness levels)*
- Yogafit** Based on hatha yoga, it blends balance, strength, flexibility and power *(All Fitness levels)*
- Zumba -** Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. *(All Fitness levels)*
- Zen Spin-** The perfect blend of 30 minutes on the bike followed by a series of Yoga or Pilates. This mind body cool down will enhance the benefits of your ride. *(All Fitness levels)*



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.

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