

# Scripps Ranch Swim & Racquet Club

# FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Metafit - Court 1 30 min. w/Joanne	*Butts & Guts - Court 1 30 min. w/Jen	*Dirty30 - Court 1 30 min. w/ Jen	*Arms & Abs - Court 1 30 min. w/Jen	
6:00am	Total Body Strength - Court 1 30 min. w/Joanne		Metafit - Court 1 30 min. w/Joanne		Metafit - Court 1 30 min. w/Joanne
7:00am		*Yoga Sculpt - BB Court 45 min. w/Marisol		*Tabata - BB Court 45 min. w/Marisol	
7:30am	Zumba - BB Court 45 min. w/Ruth		Zumba - BB Court 45 min. w/Roberta		Zumba - BB Court 45 min. w/Ruth and Roberta
8:00am					Spin - Spin Tent 30 min. w/Heidi
8:30am	WaterFit - Pool 45 min. w/ Deanna	WaterFit - Pool 60 min w/Angela	WaterFit - Pool 45 min. w/Deanna	WaterFit - Pool 60 min. w/Angela	WaterFit - Pool 45 min. w/Deanna
	*Gentle Yoga - BB Court 50 min. w/Michelle	*Strength and Flow - BB Court 60 min. w/Vickie	*Slow Yoga - BB Court 50 min w/Terri	*Cardio Core - BB Court 60 min. w/Vickie	*Pilates - BB Court 50- min. w/Jacqueline
9:30am	*Box,Kick and Sculpt - BB Court 60 min. w/Heidi	Spin - Spin Tent 45 min. w/Shaua	*Total Body Strength - BB Court 60 min. w/Heidi	Spin - Spin Tent 45min. w/Shaua	*Turbo Sport - BB Court 60 min. w/Heidi
	Water Fit - Pool 45 min. w/Denna		Water Fit - Pool 45 min. w/Deanna		Water Fit - Pool 45 min. w/Deanna
11:30am		MELT Method - BB Court 60 min. w/ Shauna		MELT Method - BB Court 60 min. w/ Shauna	Classes marked with a * will be on the SRSRC Virtual Page
4:00pm	*Spin - Spin Tent 45 min. w/Shaua		*Spin - Spin Tent 45 min. w/Shaua		
5:00pm	*HIIT - BB Court 45 min. w/Gina	*Power Pilates - GFR 50 min. w/ Heidi	*HIIT - BB Court 45 min. w/Gina	*Vinyasa Flow - BB Court 50 min. w/Heidi	
6:00pm	Yoga - BB Court 60 min. w/Kellie		Gentle Yoga - BB Court 60 min. w/Sonia		
	Saturday		Sunday		Water
8:00am	Spin - Spin Tent 60 min. w/ Angela	8:00am	Boot Camp - BB Court 60 min. w/Gina & Marisol	Sign Up for classes on Mindbody. Search for Scripps Ranch Swim and Racquet Club	Cardio & Strength
8:30am	Essentrics - BB Court 60 min. w/Alane	9:00am	Pilates - BB Court 60 min. w/Yoshi		Essentrics
10:00am	Vinyasa Flow - BB Court 60 min. w/Jacqueline	10:30am	Yoga - BB Court 60 min. w/ Kellie		MELT
					Mind-Body
					Spin

# SRSRC FITNESS - CLASS DESCRIPTIONS

<p><b>Aqua Fit (L1-3):</b> A refreshing and challenging water work out. It is fit for all ages, especially those with ailments or injuries. You will enjoy vigorous cardio training exercises using your own body weight, along with resistance dumbbells and water noodles for toning.</p>	<p><b>Arms and Abs (L1-3):</b> A 30 minute strength workout that focuses on your upper body and core. Use of weights and bodyweight will leave you feeling strong and energized.</p>	<p><b>Box, Kick and Sculpt (L2-3):</b> When you mix kickboxing and bodyweight training, you get a fun total body workout that will leave you feeling energized and strong.</p>	<p><b>Bootcamp (L2-3):</b> A balance of cardio, resistance training &amp; functional flexibility with high intensity sport drills including plyometric movements.</p>
<p><b>Butts &amp; Guts (L1-3):</b> A challenging variety of abdominal &amp; core exercises to strengthen your midsection while glute focused moves work your backside.</p>	<p><b>Cardio Core (L1-3):</b> Walk taller, feel stronger with a dynamic mix of low impact cardio and core conditioning.</p>	<p><b>Dirty 30 (L2-3):</b> When you only have 30 minutes and want to get an effective total body workout in, this class will deliver. Strength based but cardio bursts may be added to create an extra challenge.</p>	<p><b>Essentrics (L1-2):</b> Strengthens &amp; stretches every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements. It incorporates various techniques including PNF &amp; isotonic movement while systematically working every joint in the body</p>
<p><b>Gentle Yoga (L1-2):</b> A softer, nurturing, slow paced, well supported and relaxing practice.</p>	<p><b>HIIT (L2-3):</b> High-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heartrate up &amp; burns more fat in less time.</p>	<p><b>Mat Pilates (L1-3):</b> A challenging yet safe method to sculpt your body &amp; feel increased agility in your everyday movements</p>	<p><b>MELT (L1):</b> A simple self-treatment technique that helps prevent pain, heal injury &amp; erase the negative effects of aging active living. Using MELT Hand &amp; Foot Treatment Balls &amp; a MELT Soft Roller, you can learn how to reduce joint pain &amp; muscle tension with self-treatment techniques that rehydrate your connective tissue &amp; rebalance your nervous system.</p>
<p><b>MetaFit (L2-3):</b> Formed by a former Royal Marine Commando and an international gymnast in 2010, MetaFit is the original group X HIIT workout. 30 minutes of non choreographed, bodyweight only workouts that set your metabolism on fire.</p>	<p><b>Power Pilates (L2-3):</b> Designed to streamline your body by using your own body weight to increase muscle, gain flexibility, obtain balance &amp; increase core strength doing a series of challenging movements. This is a faced paced class that will challenge your entire body</p>	<p><b>Slow Flow Yoga (L1-2):</b> The pace is meditative, emphasizing peach and calm in the body and mind. Poses will be held longer, several rounds of breath in each posture will create a mind/body connection.</p>	<p><b>Spin (L1-3):</b> Saddle up and experience an enjoyable and effective cardio workout. The joy of spinning is that you are in complete control of your resistance. There will be hills, intervals and sprints to push and challenge you.</p>
<p><b>Strength and Flow (L1-3):</b> This class will challenge your strength and increase your flexibility. Creative strength circuits and yoga are the perfect balance for your body and mind.</p>	<p><b>Tabata Interval Training (L2-3):</b> Tabata Training is one of the most effective types of high intensity interval training. Intervals will be 2:1 ratio and you'll definitely feel the burn. You'll get both strength and cardio in this class.</p>	<p><b>Total Body Strength (L2-3):</b> If you're looking for a confidence boost, this is the workout for you. It's all about building strength and power in this full body workout.</p>	<p><b>Turbo Sport (L2-3):</b> HIIT meets Strength training in this fun and energetic workout. Get ready to turn up the heat and set your metabolism on fire.</p>
<p><b>Vinyasa Flow (L2-3):</b> Consciously linking the movement of the body to the movement of breath, this is a dynamic flowing practice.</p>	<p><b>Yoga (L1-3):</b> This practice combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.</p>	<p><b>Yoga Sculpt(L2-3):</b> Yoga Sculpt is a combination of free weights with power yoga sequencing and cardio burst exercises to give you maximum calorie burn. Each class starts with a 15 minute power yoga warm up followed by 30 minutes of weight training. A 15 minute Yoga cooldown with end the class</p>	<p><b>Zumba (L1-2):</b> Burn calories and have fun with Latin inspired dance moves suitable for all. Each full body workout consists of warm up, higher paced intervals, and easy to follow combinations.</p>