

Scripps Ranch Swim & Racquet Club

FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Metafit 30 min. w/Jen	Cardio Strength Combo 30 min. w/ Jen	Metafit and Abs 45 min. w/ Joanne	Cardio Strength Combo 30 min. w/ Almira	Total Body Strength 45 min. w/Joanne
6:15am	Spin and Stretch 45 min. w/Almira			Total Body Strength 45 min. w/ Almira	
7:00am		Spin and Stretch 45 min. w/ Almira			Spin 30 min. w/ Heidi
7:30am	Zumba 45 min. w/Ruth		Zumba 45 min. w/Roberta	Zumba Sculpt 45 min. w/ Ruth	
7:45am					Zumba 45 min. w/ Roberta
8:30am	WaterFit 45 min. w/ Heidi	WaterFit 45 min. w/Brittany	WaterFit 45 min. w/Janay	WaterFit 45 min. w/ Janis	WaterFit 45 min w/ Almira
	Gentle Yoga 45 min. w/ Jacqueline	Pilates 45 min. w/ Janis	Slow Yoga 45 min w/Terri	Core Strength 45 min. w/Vickie	Pilates - class starts @ 8:45 45 min. w/Jacqueline
9:30am	Box,Kick and Sculpt 45 min. w/Heidi	Spin 45 min. w/Shaua	Pumped Up Strength 45 min. w/Heidi	Spin 45min. w/Shaua	Turbo Sport - class starts @ 9:45 60 min. w/ Heidi
10:30am	UpBeat Barre 50 min. w/Madison		UpBeat Barre 50 min. w/ Madison		Special Holiday Schedule November 24 and 25th (please check the website or virtual page.
11:30am		MELT Method 60 min. w/ Shauna		MELT Method 60 min. w/ Shauna	
4:00pm	Spin 45 min. w/Shaua		Spin 45 min. w/Shaua		
5:00pm	Total Body Strength 45 min. w/Gina	Power Pilates 45 min. w/ Heidi	Total Body Strength 45 min. w/ Gina	Vinyasa Flow 50 min. w/ Heidi	
5:00pm					
6:00pm	Gentle Mindful Yoga 45 min. w/ Sonia	HIGH Fitness 45 min. w/ Madison	Vinyasa Flow 45 min. w/ Kellie	HIGH/LOW Fitness 45 min. w/Janay	
	Saturday		Sunday		WaterFit
8:00am	Spin 45 min. w/ Angela	8:00am	Boot Camp 50 min. w/Gina & Yoshi		Cardio & Strength
9:00am	Essentrics 45 min. w/Alane	9:00am	Pilates 50 min. w/Yoshi		Essentrics
9:00am	WaterFit 60 min. w/ Almira				MELT
10:00am	Spin 45 min. w/ Sonia	10:00am	Feel Good Yoga 60 min. w/ Kellie		Mind-Body
11:00am	Vinyasa Flow 50 min w/ Jacqueline				Spin

AquaFit (Waterfit)

(L1-3): Classes will offer a great low impact aerobic workout that will help you gain strength, muscle and lean muscle through a variety of workouts including HIIT, deep water, strength and endurance training. Buoys and deep water belts are provided. You are more than welcome to bring your own equipment.

Aqua Body Strong

(L2-3): Put your fitness to the test with ABS strength and flow. These workouts will challenge you to maintain proper posture and alignment, all while challenging your balance and core. Strength classes will incorporate HIIT, Pilates, Yoga and Bodyweight training. While flow will be a yoga class will energetic transitions.

Box, Kick and Sculpt

(L2-3): When you mix kickboxing and bodyweight training, you get a fun total body workout that will leave you feeling energized and strong.

Bootcamp (L2-3):

A balance of cardio, resistance training & functional flexibility with high intensity sport drills including plyometric movements.

Cardio Strength

Combo (L2-3): A workout that blends cardio exercise, strength training and core. Both high and low cardio options provided for a customizable workout. A great way to strengthen your body and heart

Core Strength (L1-3):

This class is designed to build core muscles while improving posture. A strength based class that will strengthen your abdomen, back, shoulders and hips. Added bonus...a great stretch at the end.

Essentrics (L1-2):

Strengthens & stretches every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements. It incorporates various techniques including PNF & isotonic movement while systematically working every joint in the body

Feel Good Yoga (L1-3):

Feel Good Yoga will guide you through the process of "slowing down." When we move with awareness we can observe ourselves from the inside out. In these classes we will move with the breath and move with an intention of gratitude. Finding and feeling the way "your body" needs to move in order to feel good.

Gentle Yoga and Mindful Yoga (L1-3)

Yoga practice with a compassionate approach, encouraging movement at a slower, comfortable pace, with less intense positions with emphasis on acceptance, while focusing attention to what is happening in the body and mind in the present moment. Includes more warm up movements with postures held for longer times without raising your heart rate. Modifications are offered and welcome to all fitness levels.

High Fitness and High

Low Fitness (L2-3): High Fitness has brought aerobics back in a hip and unique way, and the world is taking notice. Think old aerobics meets modern cardio and toning. You'll have a blast and see results mentally and physically.

Mat Pilates (L1-3) & Power Pilates (L2-3): Increase core strength, flexibility and body awareness. Light weights, bands, mini loops and Pilates ball may be used to keep you mind and body guessing.

MELT (L1): A simple self-treatment technique that helps prevent pain, heal injury & erase the negative effects of aging active living. Using MELT Hand & Foot Treatment Balls & a MELT Soft Roller, you can learn how to reduce joint pain & muscle tension with self-treatment techniques that rehydrate your connective tissue & rebalance your nervous system.

MetaFit (L2-3): 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.

Pumped Up Strength

(L2-3) is a revolutionary new approach to group resistance training that will: challenge you body in new ways. Rev your metabolism and build stronger muscles. Increase bone density and overall caloric expenditure.

Slow Flow Yoga

(L1-2): 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.

Spin (L1-3): 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.