

OUTDOOR ADVENTURES DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00am All levels Bike Ride Jennifer	2	3	4	5	6 Cycle Fun Friday 3:00pm All Levels	7
8	9	10	11	12	13 Cycle Fun Friday 3:00 Adventure Hike; Tram to Summit Jennifer 7:00am-1:30pm	14
15 9:00am All levels Bike Ride Jennifer	16	17	18	19	20 Cycle Fun Friday 3:00pm All Levels	21 Nature Hike Warren Peak 9:00am-3:30pm Carol
22	23	24	25 Merry Christmas Spa and Sports Club are closed	26	27 Cycle Fun Friday 3:00pm All Levels	28
29 9:00am All levels Bike Ride Jennifer	30 Nature Hike Oswit Canyon 9:00am-1:45pm Carol	31				

Team Spartan w/ Jordan

Designed to Improve:
Strength, Flexibility, Core Stability,
Balance and Cardiovascular Endurance.
Classes are 50 minutes

Up to 4 people; registration required. \$60pp

Monday 11:00am	Wednesday 8:00am and 11:00am	Thursday 11:00am	Friday 8:00am	Saturday 11:00am
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GROUP PILATES SCHEDULE all classes are 50 minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 - 9:50am All Levels Reformer Barbara	9:00 - 9:50am All Levels Reformer Barbara	9:00 - 9:50 am Intro to Reformer Brenna	9:00 - 9:50 am All Levels Reformer Brenna	9:00 - 9:50 am All Levels Reformer James	9:00 - 9:50 am All Levels Reformer Michelle
	10:00 -10:50am Athletic Reformer Brenna			10:00 -10:50am Athletic Reformer Brenna		
		12:00-12:50pm Intro to Reformer Seth				
		3:00 - 3:50pm Athletic Reformer Jennifer C.				
					3:30 - 4:20 pm Athletic Reformer James	



2024-2025

Toscana Fitness Schedule

December

Thursday Yoga Sculpt has been moved to the larger studio .

December	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Class Descriptions	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio2	Studio 1	Studio 2		
7:00 am							BoxFit * 45 min Ronnie								Yoga	The yoga practice relies on breath work and body movements performed in harmony. Yoga improves balance, strength and flexibility while training the mind to find stillness.
8:00 am	Strength 45 min Jackie		Men's Yoga 45 min Sheeryn				Yoga Sculpt 45min Valentina	Squat Challenge 25 min Ronie			Strength 50 min Ronnie		Silent Yoga 50 min Kat		Abs Attack	A 30 minute class of hardcore abdominal work. It focuses on all the core muscle groups from front to back, toning and sculpting abdominal muscles
8:15 am		Abs Attack 30 min Valentina		Abs Attack 30 min Ronnie	TRX Express * 30 min Stephen	Abs Attack 30 min Jackie			TRX Express 30 min * Erin						Water Fitness	Water fitness class provides a full body work out in the water with minimal impact to your joints. The class uses a variety of noodles, buoys and kick boards.
9:00 am	Yoga 50 min Valentina	Mat Pilates 50 min Jackie	Gentle Yoga 50 min Sheeryn	Squat Challenge 25 min Ronnie	Yoga 50 min Stephen	Mat Pilates 50 min Jackie	Barre * 50 min Valentina	Yoga w/ Sound * 60 min May	Classically Fit 50 min Erin	Yin Yoga 60 min Henny	Yoga 50 min Stephen	Abs Attack 30 min Ronnie	Gentle Yoga 50 min Kat		TRX	TRX is a system of exercise which incorporates the suspension straps and the student creates resistance against their own body weight.****
9:15 am															Gyrokinesis	Gyrokinesis is specific practice to open energy pathways and stimulate the nervous system. Students practice a variety of rhythmic and flowing sequences. This class is done seated.
10:15 am	Barre * 50 min Valentina	Water Fitness 50 min Jackie			Classically Fit 50 min Jackie				HIIT Pilates 50 min Henny						Strength	The Strength classes uses light and heavy weights, bands, and functional equipment in a circuit style workout to energize and strengthen the entire body.
10:30 am				Gyrokinesis* 60 min \$ Seth			Restore Yoga * 60 min May								BoxFit	This class gives the student an opportunity to increase upper body strength, focus and coordination. Class size is limited so each students gets proper attention and instruction. ****
11:30 am	Chair Stretch & Strength 50 min Valentina														Classically Fit	Our newest class is designed for the student who wants a slower pace and a less intense workout. The class incorporates use of chairs, the barre, and lightweights providing stability while gaining strength and mobility.
12:00 pm								Gyrokinesis* 60 min \$ Seth							Barre	Set to upbeat music, this class tones and tightens the muscles in a full body workout. Using the bar as a stabilizer, students can align and define their form through specific exercises.****
2:00 pm	Restore Yoga * 60 min May														Squat Challenge	This 25 minute class offers the lower body its best workout. Students practice a variety of squats increasing strength in legs and glutes while promoting good posture and healthy back.
3:00 pm				TPI * \$ Golf Performance Nic				TPI * \$ Golf Performance Nic							TPI Golf Performance	

Classes noted with asterisks require registration. Gyrokinesis has a \$30 charge. TPI has a \$50 charge For November, weekend yoga classes will be held in the Outdoor Pavilion.

1 hour cancellation notice is required to avoid charges Guests are welcome in all classes except those that require registration. Classes fill up quickly, please be on time/Please silence your mobile device before class.