

OUTDOOR ADVENTURES JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 The Ritz New Years Hike Jennifer 9:00am	2	3 Cycle Fun Friday 3:00pm All Levels	4
5 9:00am All levels Bike Ride Jennifer	6 Nature Hike Living Desert Loop 9:00am-1:45pm Carol	7	8	9	10 Cycle Fun Friday 3:00pm All Levels	11
12	13	14	15	16	17 Cycle Fun Friday 3:00pm All Levels	18 Nature Hike Whitewater/Rainbow 9:00am-2:15pm Carol
19 9:00am All levels Bike Ride Jennifer	20	21	22	23	24 Cycle Fun Friday 3:00pm All Levels	25
26 9:00am All levels Bike Ride Jennifer	27	28	29 Adventure Hike Snow Creek 7:00am-1:30pm Jennifer	30	31 Cycle Fun Friday 3:00pm All Levels	

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 Reformer for Pickle James	



2024-2025

Toscana Fitness Schedule

January

Featuring our complimentary Gyrokinesis classes; Tuesday at 10:30 and Thursday at 12:00.

January	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	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.
7:00 am							BoxFit * 45 min Ronnie								Mat Pilates	A methodical series of functional floor movements most often performed the floor that increases core strength and flexibility while improving posture
8:00 am	Strength 45 min <i>Jackie</i>		Men's Yoga 45 min <i>Sheeryn</i>				Yoga Sculpt 45min <i>Valentina</i>	Squat Challenge 25 min <i>Ronie</i>		HIIT Pilates 50 min <i>Henny</i>	Strength 50 min <i>Ronnie</i>		Silent Yoga 50 min <i>Kat</i>		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 <i>Valentina</i>		Abs Attack 30 min <i>Ronnie</i>	TRX Express * 30 min <i>Stephen</i>	Abs Attack 30 min <i>Jackie</i>			TRX Express 30 min * <i>Erin</i>						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 <i>Valentina</i>	Mat Pilates 50 min <i>Jackie</i>	Gentle Yoga 50 min <i>Sheeryn</i>	Squat Challenge 25 min <i>Ronnie</i>	Yoga 50 min <i>Stephen</i>	Mat Pilates 50 min <i>Jackie</i>	Barre * 50 min <i>Valentina</i>	Yoga 60 min <i>May</i>	Classically Fit 50 min <i>Erin</i>	Yin Yoga 60 min <i>Henny</i>	Yoga 50 min <i>Stephen</i>	Abs Attack 30 min <i>Ronnie</i>	Gentle Yoga 50 min <i>Kat</i>		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 <i>Valentina</i>	Water Fitness 50 min <i>Jackie</i>			Classically Fit 50 min <i>Jackie</i>					Water Fitness 50 min <i>Erin</i>		Water Fitness 50 min <i>Ronnie</i>			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 <i>Seth</i>			Restore Yoga * 60 min <i>May</i>								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 <i>Valentina</i>														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 <i>Seth</i>							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 <i>May</i>														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								

Classes noted with asterisks require registration. TPI has a \$50 charge

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.