



CLASS SCHEDULE

2010

July 1– September 30

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15–6:05 AM			CYCLE Lisa	F. I. T. Erin		ZUMBA Erin 5:15-6:15	
5:45-6:45 AM		GROUP POWER Elyse			BEG. YOGA Shelley M.		
7:00-8:00 AM		FITNESS STRETCH Carolyn	PILATES Tina	FITNESS STRETCH Karmen	PILATES Tina	FITNESS STRETCH Staff Rotation	
8:10–9:20 AM	YOGA Richard						
8:10-9:10 AM		BEGINNING YOGA Richard		MEDIATATIVE STRETCH & MOVEMENT Xiaoping		TAI-CHI–YANG STYLE 24 FORM Xiaoping	PILATES Michael
8:20-9:10 AM			CYCLE Janeen		CYCLE Jill		
9:20-10:35 AM		INTERVAL Shelly	HI-LOW Shelly	GROUP POWER Shelly 9:20-10:20	ZUMBA Sally 9:20-10:20	MOVE IT! Leslie	
9:30–10:30 AM	CYCLE Rotation						GROUP POWER Laurie
10:40-11:45 AM							TAI CHI – COMBINED 48 Xiaoping
12:00-1:00 PM		BEGINNING YOGA Jenny /Jennifer		BEGINNING YOGA Jennifer		BEGINNING YOGA Jenny/Jennifer	
5:30–6:15 PM			CYCLE Laura				
5:30–6:30 PM		GROUP POWER Laurie		ZUMBA Erin	GROUP POWER Elyse	CYCLE Laura	
6:30-7:30 PM			YOGA Richard				
6:45-7:45 PM				Late classes return in fall			

1078 LOS OSOS VALLEY ROAD, LOS OSOS CA. PHONE 528-1190
 MONDAY– THURSDAY 5 AM - 10 PM, FRIDAY 5 AM – 9 PM, SATURDAY & SUNDAY 8 AM – 7 PM
 WWW.LOSOSOSFITNESS.COM

FITNESS CLASS DESCRIPTIONS

F.I.T.—Fun Interval Training. Intense cardio (on bike) and weight interval training combined with abdominal and balance techniques give you a full work out. Get F.I.T.!

FITNESS STRETCH* - A fluid sequence of postures focused on relaxing, breathing and working all your muscles through a full range of motion.

GROUP POWER* - This 60 minute workout with weights is great for all fitness levels. Expect pumping music, an easy-to-follow routine and fantastic results.

HI-LOW—A choice of high or low impact moves makes this class great for all fitness levels. The class includes aerobics, resistance training, and abdominal strengthening.

INTERVAL TRAINING— Resistance exercises to strengthen mixed with fat burning cardiovascular exercise.

MEDITATIVE STRETCH & MOVEMENT— Calming stretch with a fresh approach to healthy body and mechanics. Suitable for almost any fitness level and includes stretch, rhythmic movement and calming.

MOVE IT! - Fun and challenging cardio and strength routines. Prepare to sweat!

PILATES - Improve core strength, flexibility, and coordination in this mat work class. All levels welcome. **Power Pilates** has more challenging sequences at a faster pace.

PRECISION CYCLING* - This class utilizes stationary bicycles and great music to give you an intense and fun cardio workout. Appropriate for most fitness levels. Bring water and a towel to class.

TAI CHI* - **Yang Style 48 Form**—Basic principles of Tai Chi taught in a slow, systematic way through 24 basic movements. **Combined 48 Form**- Intermediate form combining different Tai Chi. styles. Taught over 2 year period starting January 2010. All levels welcome, commitment necessary.

YOGA*- Stretch and strengthen. Release tension. Every system in your body will function better. Life is sweeter and you'll smile more. These classes are challenging. Please bring a Yoga mat.

ZUMBA - Fusion of Latin and International music with aerobic, interval, and resistance training routines.

LOS OSOS FITNESS CLASS POLICIES

- Please arrive on time and stay until the final cool down has ended. The warm-up and cool-down are an important part of a safe and effective workout.
- Go at your own pace. If it hurts DON'T DO IT! All exercises can be modified.
- Instructors are your coaches! Please inform them of any limitations or concerns.
- * Come early to reserve your space. You may sign up 20 minutes before class begins.

1078 LOS OSOS VALLEY ROAD, LOS OSOS CA. PHONE 528-1190
MONDAY– THURSDAY 5 AM - 10 PM, FRIDAY 5 AM – 9 PM, SATURDAY & SUNDAY 8 AM – 7 PM
WWW.LOSOSOSFITNESS.COM