



CLASS SCHEDULE

2012

January 1- March 31

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:05 AM			CYCLE Lisa	5:15-6:15 ZUMBA Rachael			
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	
8:10-9:10 AM	8:10-9:20 YOGA Richard	BEGINNING YOGA Richard	☯	TAI CHI 24 FORM Michael		ZUMBA Christina	PILATES Michael
8:20-9:10 AM			CYCLE Janeen		CYCLE Linda		
9:20-10:35 AM	9:30- 10:30 MEDITATION Room B	INTERVAL Shelly	MOVE IT! Leslie	9:20-10:20 GROUP POWER Shelly	9:20-10:20 ZUMBA Christina	TAI CHI 48 FORM Xiaoping	★
9:30-10:30 AM	CYCLE Rotation						9:20-10:20 GROUP POWER Rotation
10:40-11:40 AM		☯	10:45- 12:00 YIN YOGA Katy		★		TAI CHI CHEN 36 FORM Xiaoping
12:00-1:00 PM		BEGINNING YOGA Katy		BEGINNING YOGA Katy/Shelley M		BEGINNING YOGA Jennifer/Jean	
4:15-5:15 PM		★				☯	
5:30-6:30 PM		GROUP POWER Laurie	5:30-6:15 CYCLE Laura	5:15-5:45 JUGGLING Adam	GROUP POWER Elyse	CYCLE Laura	
6:00-7:00 PM				ZUMBA Casey			
6:30-7:45 PM			YOGA Richard				
6:45-7:45 PM	☯	ZUMBA Jennifer					

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

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.

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

JUGGLING*— Strengthen your focus, concentration, coordination, and mindfulness in this fun 30 minute class with upbeat music. No experience required. All levels welcome.

MEDITATION*— Beginning– Sit and Do Nothing. Learn various meditation and relaxation techniques that promote awareness of physical sensations, emotions, and thoughts. Free and open to the public.

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

PILATES* - Improve core strength, flexibility, and coordination in this mat class. All levels welcome.

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* - 24 Form—Basic principles of Tai Chi taught in a slow, systematic way through 24 basic movements. All levels welcome, commitment necessary. **48 Form**— Here we are using the combined Tai Chi 48 Form to teach and consolidate the Tai Chi principles of relaxation, connection, and spiraling. Silk reeling will be introduced. Suitable for new and continuing participants. **Chen 36**— A platform to open the body, strengthen the core, calm the mind, and build strong connections between body and mind. Push hands will be introduced. Suitable for those with some Tai Chi experience.

YIN YOGA*- A gentle style of Yoga that promotes joint flexibility by holding poses for extended amounts of time. Suitable for all Yoga levels. Safe for beginners and offers depth and balance for advanced.

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.