



# CLASS SCHEDULE

## 2018

November 1–December 31

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45–6:45 AM		HI INTENSITY INTERVAL Jana			HATHA SHADOW STYLE Shelley		
6:45-7:45 AM			PILATES Kristina		PILATES Kristina		
7:00-8:00 AM		FITNESS STRETCH Carolyn		FITNESS STRETCH Karmen		FITNESS STRETCH Carolyn	
8:10–9:10 AM	SLOW FLOW YOGA Ally	FITNESS STRETCH Carolyn		8:15-9:00 FUNCTIONAL FITNESS Leslie		CLASSIC CONDITIONING Sherri	PILATES Kristina
8:20-9:10 AM			CYCLE Victoria/Ally		CYCLE Jill/Ally		
9:20-10:35 AM		GET FIT Shelly	MOVE IT! Leslie	9:20-10:20 GROUP POWER Shelly	9:20-10:20 ZUMBA Chris/Leslie		
9:30–10:30 AM	CYCLE & STRENGTH Rotation					BEGINNING TAI CHI Xiaoping	GROUP POWER Rotation
10:45 -12:00 AM		10:45-11:45 QIGONG Devin	GENTLE YOGA Mashelle		YIN YOGA Angela		
12:00-1:00 PM		BEGINNING YOGA Ally/Katy		BEGINNING YOGA Michael/Ally		BEGINNING YOGA Michael/Jean	
5:30-6:30 PM			5:30-6:15 CYCLE Laura				
6:30-7:15 PM			GROUP POWER EXPRESS Laurie				

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

**CLASSIC CONDITIONING** - A top to toe low impact class that uses different levels of your own body resistance, as well as resistance equipment. Designed to improve overall muscle strength, balance, flexibility and coordination.

**CYCLE** - 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.

**CYCLE & STRENGTH** - High intensity intervals of cycling and strength training followed by stretching. Bring water and a towel.

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

**FUNCTIONAL FITNESS** – A unique combination of effective exercises to keep you functional for life. All levels encouraged.

**GET FIT**– Resistance exercises to strengthen mixed with fat burning cardiovascular exercise.

**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.

**Group Power Express**– 45 minutes and out the door!

**HIIT - Hi Intensity Interval Training**–The fastest way to burn calories and the only way to improve cardiac performance. All levels welcome.

**MOVE IT!** - Fun and challenging cardio and strength routines in a circuit format. Prepare to sweat!

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

**QIGONG** – An ancient Chinese health system that combines graceful movements with mental concentration and breathing to increase and balance a person's vital energy. All levels welcome.

**TAI CHI** - Basic slow stretching, balancing drills, Tai Chi principles and moves. Drop in anytime.

**YOGA - *Beginning***–Good for first timers and continuing beginners.

***Gentle***–Connect your breath, soften your mind and feel deeply in the present.

***Hatha Shadow Style*** –All levels focus on leg strength, coordination and grace.

***Slow Flow*** -sequences working with breath and classic postures to benefit connective tissues.

***Yin***–promotes joint flexibility by holding poses for extended amounts of time. 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.

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