



CLASS SCHEDULE

2019

January 1–March 31

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45–6:30 AM		ESSENTIAL CARDIO 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		ESSENTIAL CARDIO PLUS Sherri/Jana	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 8AM - 6PM, SUNDAY 8AM - 5PM

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.

ESSENTIAL CARDIO - Slow the aging process with aerobic and anaerobic cardio without jeopardizing joint health. All levels welcome. **PLUS** - Adds essential stretching and core strength.

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!

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.

1078 LOS OSOS VALLEY ROAD, LOS OSOS CA. PHONE 528-1190

MONDAY- THURSDAY 5 AM - 10 PM, FRIDAY 5 AM - 9 PM, SATURDAY 8 AM - 6 PM, SUNDAY 8 AM - 5 PM

WWW.LOSOSOSFITNESS.COM