

MONTANOSO GROUP X SCHEDULE

25800 Montanoso Drive, Mission Viejo 92691
 (949)859-4348, option 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	R.I.P.P.E.D. Kelley	FITNESS BOOT CAMP Katie	R.I.P.P.E.D. Kelley	FITNESS BOOT CAMP Buddy			
6:30 AM		INTERMEDIATE YOGA Ashley J.		INTERMEDIATE YOGA Ashley J.	PILATES Ashley J.		
7:05 am						FITNESS BOOT CAMP Melisa	INTERMEDIATE YOGA Michelle
8:00 AM	JAZZERCISE DANCE MIXX Jeannine	JAZZERCISE STRENGTH 60 Peggy	JAZZERCISE DANCE MIXX Jeannine	JAZZERCISE STRENGTH 60 Peggy	JAZZERCISE FUSION Peggy	JAZZERCISE STRENGTH 45 Suzy	8:15 BODY-SCULPTING Melisa
8:15 AM	FITNESS BOOT CAMP* Melisa		FITNESS BOOT CAMP* Melisa				
9:15 AM	JAZZERCISE INTERVAL DANCE MIXX Peggy	JAZZERCISE DANCE MIXX Suzy	JAZZERCISE FUSION Peggy	JAZZERCISE DANCE MIXX Suzy		JAZZERCISE FUSION Peggy	
9:30 AM					ZUMBA Lisa		JAZZERCISE DANCE MIXX Amy
10:45 AM	BASIC YOGA Levels I & II Donna	PILATES Ashley J.	BASIC YOGA Levels I & II Jane	PILATES Ashley J.	INTERMEDIATE YOGA Gia	10:30 INTERMEDIATE YOGA Cynthia	
12:00 PM		BASIC YOGA Donna		BASIC YOGA Donna			
1:30PM-3:20PM	Emeritus Tai Chi Saddleback						
2:00PM-2:50PM		Balance & Mobility Saddleback		Balance & Mobility Saddleback			
4:45 PM	ZUMBA Julie		ZUMBA Julie				
5:00 PM		INTERMEDIATE YOGA Michelle		INTERMEDIATE YOGA Ashley J.	BEGINNING KARATE (fee based)		
5:30 PM	TRX with Jadon (fee based)	TRX with Jadon (fee based)	TRX with Jadon (fee based)	TRX with Jadon (fee based)			
6:00 PM	JAZZERCISE DANCE MIXX Suzy	ZUMBA Ilke	JAZZERCISE PLUS – 90 MINS Suzy	R.I.P.P.E.D. Susan	JR. ADV. KARATE (fee based)		
7:00 PM	7:15 R.I.P.P.E.D. Ashley D.	JR. ADV. KARATE (fee based)			ADULT KARATE (fee based)		
8:00 PM		ADULT KARATE (fee based)					

MONTANOSO GROUP X DESCRIPTIONS

BASIC YOGA – Define and improve range of motion; enhance balance; strengthen muscles and bones; soothe ligaments, tendons and joints; and develop body/mind connection of how you sit, stand and move about your day. All abilities are welcome in this non-competitive class that let's you progress at your own place.

BODY-SCULPTING – A combination of core, balance, and strength exercises using free weights, resistance bands, body weight exercises and more! Gain strength and muscle tone to prepare you for your everyday activities with this low-impact, full-body strength workout! All fitness levels welcome.

FITNESS BOOT CAMPS – These classes are high-intensity and combine strength and cardio exercises for a fast-paced calorie burn! Exercises include push-ups, sit-ups, jump rope, body weight exercises, weights, stretch bands, yoga mats, etc.

INTERMEDIATE (HATHA) YOGA – This moderately paced class teaches classic yoga postures through breath and deepened awareness. Trains the mind to remain alert, focused and composed. Improves muscle tone, strength and balance and can strengthen the spine.

JAZZERCISE – Aerobic conditioning using fun dance routines and floor work that incorporates optional use of hand and leg weights for toning hips, thighs, abs and upper arms.

JAZZERCISE DANCE MIXX – Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training.

JAZZERCISE FUSION – Supercharge your metabolism and blast fat fast. This circuit-based High Intensity Interval Training class fuses cardio pumping dance moves with muscle work.

JAZZERCISE INTERVAL DANCE MIXX – Don't just burn calories, incinerate them. This class adds High Intensity Interval Training (HiIT) cardio bursts to get your heart pumping and push your metabolism into overdrive.

JAZZERCISE STRENGTH 45 – Forge the tight, lean body you're looking for while the pulse-pounding playlist distracts you from the burn. Fire up the muscle – all of them – in this 45 minute hard core muscle sculpting strength workout.

JAZZERCISE STRENGTH 60 (formerly known as Body Sculpting – extended version) – Go for confidence-inspiring contour and definition while you melt fat. A full 60 minutes of fat-burning, muscle-sculpting, it-hurts-and-it's-worth-it strength training.

PILATES – Exercise regimen that uses special stretches to improve core strength, flexibility, agility and range of motion.

R.I.P.P.E.D. – High energy class combining strength, cardio, core and drills that's musically driven and is truly for every-BODY.

ZUMBA – An infusion of hypnotic Latin rhythms and easy- to-follow moves create an interval training session to tone and sculpt your body while burning fat.

MAXIMUM 46 PARTICIPANTS PER CLASS.