

# MONTANOSO GROUP X SCHEDULE

25800 Montanoso Drive  
949-859-4348, option 2

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30 AM														
7:45AM														
8:30 AM											<b>FITNESS BOOT CAMP</b> Sheryl			
9:15 AM					<b>ZUMBA</b> Jeannie									
10:45 AM			<b>BASIC YOGA</b> Levels I & II Jane		<b>Restorative Yoga*</b> Gia <i>*Starting 8/11/21</i>		<b>BASIC YOGA</b> Levels I & II Jane		<b>Yoga Fusion*</b> Gia <i>*Starting 8/13/21</i>					
12:30 PM			<b>Pilates</b> Donna				<b>Pilates</b> Donna							
1:00 PM														
3:30 PM														
4:45 PM			<b>ZUMBA</b> Julie				<b>ZUMBA</b> Julie							
5:30 PM	<b>TRX</b> <small>(fee based)</small>	<b>R.I.P.P.E.D.</b> Kelley			<b>TRX</b> <small>(fee based)</small>	<b>R.I.P.P.E.D.</b> Kelley								
6:00 PM			<b>JR. ADV. KARATE</b> <small>(fee based)</small>				<b>JR. ADV. KARATE</b> <small>(fee based)</small>							
7:00 PM			<b>ADULT KARATE</b> <small>(fee based)</small>				<b>ADULT KARATE</b> <small>(fee based)</small>							

**MAXIMUM 25 PARTICIPANTS PER CLASS.**

# **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 move about your day. All abilities are welcome in the non-competitive class where you progress at your own pace.

**Yoga Fusion** – Offers participants the flexibility of yoga postures with the strength building benefits of using weights. Weights are a part of the yoga sequence to provide a lightweight workout with breath control, mindful movements, and yoga flow.

**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.

**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 is 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.

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