

MONTANOSO GROUP X SCHEDULE

25800 Montanoso Drive
949-859-4348, option 2

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:05AM								R.I.P.E.D. Alice	
8:30 AM			BOOT CAMP Michael			BOOT CAMP Karen		FITNESS BOOT CAMP Sheryl	GENTLE YOGA Miles
9:15 AM				ZUMBA Jeannie					
10:00 AM								YOGA SOUND HEALING Miles	
10:45 AM	BASIC YOGA Levels I & II Donna		BASIC YOGA Levels I & II Jane	RESTORATIVE YOGA Gia		BASIC YOGA Levels I & II Jane	STRETCH & TONE Gia		
11:15 AM								ZUMBINI (fee based) *Starts 3/12	
12:00 PM	LUNCHTIME EXPRESS Tamara		PILATES Jane	LUNCHTIME EXPRESS Tamara		PILATES Jane			
1:00 PM									
4:45 PM			ZUMBA Julie			ZUMBA Julie			
5:30 PM	TRX (fee based)	R.I.P.E.D. Kelley		TRX (fee based)	R.I.P.E.D. Kelley		CARDIO DANCE Tamara		
6:00 PM			JR. ADV. KARATE (fee based)			JR. ADV. KARATE (fee based)			
7:00 PM			ADULT KARATE (fee based)			ADULT KARATE (fee based)			

MAXIMUM 25 PARTICIPANTS PER CLASS.

Not a member? Not a problem!

Drop in to member-based classes for \$8/adult!

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.

STRETCH & TONE – This class offers a combination of stretching, barre and core work using light hand weights to produce long, lean and toned muscles in a calm relaxed atmosphere. All abilities welcome and you can work at your own pace.

RESTORATIVE YOGA – Achieve a deeper relaxation through the use of passive stretching. Poses are held for a longer duration during this class, and blocks or blankets can be used. All abilities are welcome in this class where you progress at your own pace.

YOGA SOUND HEALING – Enjoy the benefits of improved flexibility, balance, and strength with a session of yoga. Followed by a sound healing session with Tibetan singing bowls to help you achieve a deeper state of relaxation and focus while helping you relieve mental stress.

GENTLE YOGA – All levels and abilities welcome! This class offers modifications, variations, and props to maximize your stretch. Chairs, blocks, and modified poses will be offered by the instructor to help you achieve your fitness goals.

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.

CARDIO DANCE – Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. You'll forget you're working out in this fun, exciting class!

LUNCHTIME EXPRESS – 30-40-minute circuit training that includes a variety of exercises such as weight training, light cardio, band work, and body weight exercises to tone your upper and lower body, build strength, and burn fat.

MAXIMUM 25 PARTICIPANTS PER CLASS.