



MONTANOSO GROUP X SCHEDULE

25800 Montanoso Drive | 949-859-4348, option 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		SPIN Kari R. (Registration Required)	SPIN Kari R. (Registration Required)	SPIN Kari R. (Registration Required)	SPIN Kari R. (Registration Required)		
7:45 AM							GENTLE YOGA Kevin S. <i>Ending 4/28 – Will return in June!</i>
8:00 AM	JAZZERCISE Jeannine L.		JAZZERCISE Jeannine L.		JAZZERCISE Jeannine L.	R.I.P.P.E.D. Alice M. 8:15 Start	
8:45 AM		HIIT CIRCUIT Sarah V.		HIIT CIRCUIT Sarah V.			
9:30 AM	BARRE Gia A.		ZUMBA Jeannie K.		BARRE Gia A.		
10:00 AM						FLOW YOGA Kevin S.	
10:45 AM	RESTORATIVE PILATES Gia A.	BASIC YOGA Levels I & II Jane Z.	RESTORATIVE YOGA Kevin S.	BASIC YOGA Levels I & II Jane Z.	RESTORATIVE PILATES Gia A.	ZUMBINI 11:15-12:00 (fee based)	
12:00 PM	LUNCHTIME EXPRESS Tamara B.	CORE STRENGTH YOGA Jane Z.	LUNCHTIME EXPRESS Tamara B.	CORE STRENGTH YOGA Jane Z.	SHRED Tamara B.		
1:15 PM					CARDIO DANCE Tamara B.		
2:00 PM	Jr. Olympians 2:15-3:00 (Fee Based)			TAI CHI Saddleback Emeritus (Registration Required) 2:00-3:50 PM			
3:00 PM	Kartwheel-N-Kids 3:00-4:00 (Fee Based)						
4:45 PM	Jammin' Gymnasts 4:00-5:00 (Fee Based)	ZUMBA Julie A.	TOTAL BODY CONDITIONING Kari R. 5:00 Start	ZUMBA Julie A.			
5:30 PM	TRX Ponci K. (Fee Based)	R.I.P.P.E.D. Alice M.	TRX Ponci K. (Fee Based)				
6:00 PM		JR. ADV. KARATE (Fee Based)		JR. ADV. KARATE (Fee Based)			
7:00 PM		ADULT KARATE (Fee Based)		ADULT KARATE (Fee Based)			

Not a member? Not a problem! Drop in to member-based classes for \$8/adult (\$10/adult for Spin classes)!

MAXIMUM 30 PARTICIPANTS PER CLASS.

BARRE - MAXIMUM 25 PARTICIPANTS PER CLASS.

MONTANOSO GROUP X DESCRIPTIONS

BARRE – This hybrid class combines ballet-inspired moves with elements of Pilates and functional movement. Utilizing a ballet barre and classic positions alongside static stretches, this class will lengthen, strengthen and tone. Barre focuses on high reps of small range isometric movements holding the body still while contracting specific muscles.

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.

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

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

FLOW YOGA* – Last class held 4/28. Will return on a new day/time in June! Enjoy the benefits of improved flexibility, balance, and strength with a flow yoga. All abilities are welcome in the non-competitive class where you progress at your own pace.

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.

HIIT CIRCUIT – High Intensity Interval Training Circuit – Tone, strengthen, and build endurance with this fast-paced workout where timed exercise stations are setup to ensure a full-body workout. Each station is designed to challenge you and help you reach your health and fitness goals!

JAZZERCISE – Aerobic conditioning using fun dance routines and floor work that incorporates optional use of hand and leg weights for toning.

LUNCHTIME EXPRESS – 30-45-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.

PILATES REST & RESTORE – Suitable for all levels. Focus on building strength gently (weights are optional) using intentional movements to strengthen the core and full body stretches to ease aching joints and tension within the body. Each class ends with a short period of quiet relaxation and reflection to cool down.

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.

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.

SHRED – Keep your body moving with this combination class! Challenge your cardio with HIIT followed by dedicated strengthening of glutes and core. You'll challenge, strengthen, and tone those muscles while improving your cardiovascular health.

TOTAL BODY CONDITIONING – Improve your strength, muscular endurance, cardio, and body composition. This class targets all major muscle groups in a high intensity format.

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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