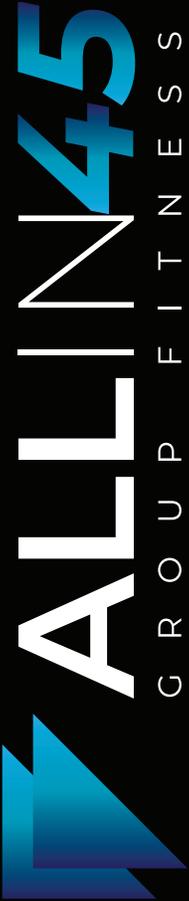


2023 Winter/Spring Fitness Schedule (effective 01/02/2023)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am BURN 45 (Paige)	6:15am BURN 45 (Paige)	6:15am BURN 45 (Paige)	6:15am BURN 45 (Paige)		
	7:30am* FAST & FIT (Tina)		7:30am* FAST & FIT (Tina)		
8:15am BURN 45 (Tina)	8:15am BURN 45 (Tina)	8:15am BURN 45 (Paige)	8:15am BURN 45 (Tina)	8:15am BURN 45 (Erica)	8:15am BURN 45 (Tina)
9:15am CYCLE 45 (Tina)	9:15am PILATES 45 (Melodie)	9:15am CYCLE 45 (Paige)	9:15am KICKBOX 45 (Tina)	9:15am BARBELL 45 (Erica)	
10:15am BARRE BLEND 45 (Jessica)	10:15am YOGA LIGHT 45 (Winzer)	10:15am YOGA FLOW 45 (Ali)	10:15am LIGHT & TIGHT 45 (Marisa)	10:15am YOGA FLOW 45 (Ali)	
	5:00pm* KIDS FUN FIT (Ages 5+, Erica)		4:30pm* KIDS YOGA (Ages 3+, Jessica)		
5:30pm BURN 45 (Noe)	6:00pm BURN 45 (Erica)		5:30pm YOGA & WINE (Jessica)		
	7:00pm FLEXI-CORE 45 (Erica)	6:30pm BURN 45 (Noe)			

2023

*THIS IS A 30 MINUTE CLASS. ALL OTHER CLASSES ARE 45 MINUTES.

Fitness Staff:

Paige Miller, Director of Fitness, Certified Personal Trainer
Jesse Ruiz, Stretch Therapist, NeuFit Practitioner, Personal Trainer
Noe Medrano, Certified Personal Trainer
Tina Hill, Certified Personal Trainer

p.miller@cliffdrysdale.com
 j.ruiz@cliffdrysdale.com
 noemedrano1990@icloud.com
 t.hill@cliffdrysdale.com



BARBELL 45

This class utilizes Barbells for a semi-choreographed full-body strength workout that will get you strong and lean!

BARRE BLEND 45

Plan to work hard in this 45-minute class that blends Barre, Pilates and Yoga movements in a format that will have your muscles burning and your heart pumping!



BURN 45

This intense, Total Body Conditioning Program* uses body-weight and strength-based movements to turn your body into a muscle-building, fat-burning machine! Movement modifications can be made for men and women of all fitness levels.



CYCLE 45

Join us for this intense sweat session on our Kaiser bikes! Get your heart pumping as your instructor uses the music to take you through various terrain. This class is for all levels and teaching styles vary by instructor!

FAST & FIT

This 30-minute, action-packed class will get your heart pumping and your body sweating! Learn to combine strength training and cardio drills to get the maximum output for your time. This class is for all levels!

FLEXI-CORE 45

Introducing a NEW class, dedicated to two things that everyone needs more of: FLEXIBILITY and CORE! In this 45-minute class, we will mix the modalities to provide a unique, functional and enjoyable way to lengthen the muscles and strengthen and tone the core.

KICKBOX 45

This intense yet fun class will have you punching and kicking your way to a strong, lean body and will have you feeling confident, tough and fit! This class takes place in the Group Fitness Studio and incorporates CARDIO KICKBOX DRILLS with IMPACT MOVEMENTS on the BAGS as well as SPARRING! Please note that gloves are required to participate in the Bags and Sparring portion of the class.

KIDS YOGA (Ages 3+)

This 30-minute class is set to music and will have your kids posing, breathing and laughing their way into learning how fun yoga can be!

KIDS FUN FIT (Ages 5+)

Bring your kids out to the Group Fitness Studio for this 30-minute class that is designed specifically for kids! The coach will focus on proper form and technique and teach your child how to exercise their bodies in a fun and safe way.

LIGHT & TIGHT 45

This fun class incorporates low impact, easy to follow cardio movements with light strength work and finishes with core, mobility and flexibility on the mat. If you are an older adult, new mom, recovering from an injury or simply looking for a less-strenuous workout, this class is for you!

PILATES 45

Join us for this Mat Pilates class to improve flexibility, muscle tone, body balance, spinal support and mind-body awareness. This class is for all levels. Please bring your own mat and towel.

YOGA LIGHT 45

Instead of trying to force your body into one-size-fits-all poses, this yoga class is adaptive and fits the movements into what you're physically able to do. We use props like blocks, straps and boxes to make the class open to all, regardless of limitations due to injuries, weaknesses or balance issues. Please feel free to bring your own mat, or you can use one of ours!

YOGA & WINE

Enjoy a pour as you mentally and physically gain strength, flexibility, relaxation and renewal of focus. Yoga is often a solitary activity, but wine brings is together!

YOGA FLOW 45

This class incorporates energetic, fluid movement through a series of asanas where postures are matched with breath, creating a sense of flow, strength, ease and tension release. This class is for all levels.



BURN 45

*This Program integrates all major muscle groups by having the following focus days throughout the week:

Monday:	Total Body BURN!
Tuesday:	Lower Body BURN!
Wednesday:	Bodyweight BURN!
Thursday:	Upper Body BURN!
Friday:	Total Body BURN!
Saturday:	Lower Body BURN!

- *48 Hour Advanced Booking for Premier Members
- *24 Hour Advanced Booking for General Members
- *2 Hour No Penalty cancellation window. Cancel within 2 hours of Class and you will be charged a \$10.00 Late Un-registration Fee*
- No Shows will be charged a \$12.00 No-Show Fee.

*The waitlist feature is now available on our app! As spots become available, the next person on the waitlist will be notified by email and has the opportunity to register for the class.

*We are implementing these new fees as we will have limited spots in our classes and want to allow others the opportunity to participate in our programming

*All Classes will be a 45-minute format followed by Sanitizing All Equipment used during the class.

*Please keep a lookout for our #SafeFitness Protocol for Members around the club.