



June

MIND AND BODY CENTER


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM Peggy	BODYCOMBAT 6 - 6:55 AM Mitsuko	BODYPUMP 6 - 6:55 AM Mitsuko	BODYCOMBAT 6 - 6:55 AM Mitsuko	BODYPUMP w/ CXWORX 6 - 6:55 AM Peggy	CXWORX 8:30 - 9 AM Peggy	WARM YOGA 8 - 9:30 AM Kari
YOGA FOR ATHLETES 7 - 7:45 AM Peggy	NIA 8 - 8:55 AM Cristin	HOT YOGA FLOW 9 - 10:30 AM Kate	YOGA FLOW 7 - 7:55 AM Gina	BODYFLOW 7 - 7:45 AM Peggy	YOGA FOR ATHLETES 9 - 9:45 AM Peggy	VINYASA YOGA 10 - 11:15 AM Shauna
HOT YOGA FLOW 9 - 10:30 AM Marisa	BODYCOMBAT 9 - 9:55 AM Terri	BODYPUMP 11 - 11:55 PM Terri	BODYCOMBAT 9 - 9:55 AM Terri	HOT YOGA FLOW 9 - 10:30 AM Kate	BODYPUMP 10 - 10:55 AM Peggy	MAT PILATES 11:30 - 12:30 PM Shauna
BODYPUMP 11 - 11:55 PM Terri	CXWORX 10 - 10:30 AM Terri	STRETCH & RENEW 1:30 - 2:30 PM Antonio	CXWORX 10 - 10:30 AM Terri	BODYPUMP 11 - 11:55 PM Mitsuko	BODYFLOW 11 - 11:55 PM Peggy	HOT YOGA 4 - 5:30 PM Melinda
ZUMBA 12 - 1 PM Sharon	BODYFLOW 10:30 - 11:30 AM Mitsuko	HATHA YOGA 4:30 - 5:30 PM Judy	BODYFLOW 10:30 - 11:30 AM Mitsuko	STRETCH & RENEW 1:30 - 2:30 PM Antonio	ZUMBA 12 - 1 PM Elizabeth	
STRETCH & RENEW 1:30 - 2:30 PM Antonio	HATHA YOGA 12 - 1:15 PM Judy	HOT YOGA 6 - 7:30 PM Antonio	HATHA YOGA 12 - 1:15 PM Judy		HOT YOGA FLOW 4 - 5:30 PM Elizabeth	
HOT YOGA 6:15 - 7:45 PM Melinda	YOGA FOR ATHLETES 4:45 - 5:45 PM Elizabeth		YOGA FOR ATHLETES 4:45 - 5:45 PM Rosie	<div style="border: 1px solid black; padding: 10px;"> <p align="center">Guest Policy</p> <p align="center">Please be sure to check in any quests at CVAC Front Desk BEFORE class.</p> </div>		
	BODYPUMP 6 - 7 PM Terri		BODYPUMP 6 - 7 PM Natalie			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAY FIT 9 - 9:45 AM Mitsuko	QIGONG+TAIJI 9 - 9:45 AM Calvin	STAY FIT 9 - 9:45 AM Mitsuko	QIGONG+TAIJI 9 - 9:45 AM Joshua	STAY FIT 9 - 10 AM Mitsuko		
MAT PILATES 11 - 12 PM Shauna	BARRE 11:30 AM - 12:20 PM Jordan	FUSION DANCE 10 - 10:45 PM Sharon	BARRE 11:30 AM - 12:20 PM Jordan	MAT PILATES 11 - 12 PM Shauna	<div style="border: 1px solid black; padding: 10px;"> <p align="center">Class Announcements</p> <ul style="list-style-type: none"> - Please arrive to class five minutes early especially if it is your first time to get proper instruction to class format. - Please clear the room in a timely manner so following class can start on-time. </div>	
HIIT STRENGTH 5 - 5:30 PM Mitsuko		MAT PILATES 11 - 12 PM Leah				
CXWORX 5:30 - 6 PM Mitsuko		HIIT STRENGTH 5 - 5:45 PM Stephanie				
FUSION DANCE 6 - 6:45 PM Elizabeth		BELLY DANCE-FUSION 6 - 6:45 PM Stuti				

POOL/ REFUGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10 - 11 AM Sabrina	AQUA 10 - 11 AM Sabrina	AQUA 10 - 11 AM Sabrina		AQUA 10 - 11 AM Annie	AQUA 10 - 11 AM Sabrina	
		AQUA YOGA 8:30 - 9:30 AM Gina (Refuge)		AQUA YOGA 8:30 - 9:30 AM Gina (Refuge)		

 JUNE PILATES GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member Shauna	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member Amanda C.	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member Leah	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member Amanda C.	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member Shauna	ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member Paris	
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member Shauna	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member Amanda C.	ATHLETIC PILATES 12:00 - 12:50 PM \$30 / Member Leah	CLASSICAL M.E. 10:00 - 10:50 AM \$30 / Member Amanda C.	CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member Shauna				
	CLASSICAL M.E. 5:00 - 5:50 PM \$30 / Member Trudy	M.E. SCULPT 6:30 - 7:20 PM \$30 / Member Leah						

TENNIS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
								WOMEN'S C TEAM CLINIC 9:00 - 10:30 AM \$20 / Member Alice
						ADULT DROP IN CLINIC 1:00 - 2:00 PM \$20 / Member Brian	LIVE BALL CLINIC 11:00 - 12:00 PM \$20 / Member Brian	

KIDS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			KIDS CARDIO 2:30 - 3:15 PM Free Janka	PARENT & TOT 1:00 - 1:40 PM \$15 / Member Leah	KIDS CARDIO 2:30 - 3:15 PM Free Janka			

PILATES CLASS DESCRIPTIONS

MIXED EQUIPMENT CLASSES: This total body workout is ideal for beginner clients, but challenging enough for experienced clients who want to refine their skills and concentrate on the Pilates fundamentals. Intermediate & advanced levels build upon the fundamental knowledge and strength developed in prior classes.

M.E. (MIXED EQUIPMENT) SCULPT: This class puts additional focus on working the abs, butt, and arms! With more flowing transitions, extra repetitions, added weight, and intermediate Pilates exercises combined with functional fitness will challenge you.

CLASSIC REFORMER: The Reformer is a sophisticated system of springs, straps, pulleys and a rolling platform. It can act as additional muscles to aid the body on its path to health while you work towards efficient movement patterns, and it can also provide resistance to build strong muscles and bones.

ATHLETIC YOGA: This class incorporates full body, functional movements that highly benefit competitive athletes. You'll also experience functional exercises that you find in everyday life. Clients will get a moderate to fast pace workout with little choreography, build strength and work balance. Please be advised that this class will begin with a 5 minute "neuro" warm up using Z-Health drills.

REFORMER + YOGA FUSION: This class combines the core strength of Pilates and the mind-body connection of yoga. It targets the connective tissue and joints in the hips, pelvis and spine, while connecting with your center to gain better balance, strength and mobility. Please call if you are interested in this class.

REFORMER + BARRE FUSION: Sculpt your legs, define your abs, tone your arms and work your booty with this upbeat, aerobic Reformer fusion class. We combine the best lengthening and core strengthening elements of the reformer with the best moves from barre.

REFORMER SCULPT: Taking our Reformer class up a notch! This class puts additional focus on working the abs, butt, and arms! With more flowing transitions, extra repetitions, added weight, and intermediate Pilates exercises combined with functional fitness will challenge you.

CARDIO JUMP-BOARD: Incorporating the jump board adds a cardio element to the Reformer repertoire. Clients will alternate between Pilates Jump board exercises and traditional Pilates exercises on the Reformer. This technique gives the class a high intensity interval training element.

TENNIS CLINIC DESCRIPTIONS

ADULT DROP-IN CLINIC: Designed for 3.0/3.5/4.0 rated players that want to work on stroke production, footwork, strategy, meet other players and have FUN!

LIVE BALL CLINIC: This action packed clinic will maximize your exercise experience while working on doubles formations. All levels are welcome.

KIDS CLINIC DESCRIPTIONS

PARENT & TOT: Introduce your child to the water in this fun and educational summer class. Ages: 6 month to 2 years. \$15 / Class. In the CVAC Pool.

KIDS CARDIO: Class time will be split between games, exercises, and obstacle courses that improve hand-eye coordination, balance, and motor skills. In Mind & Body.

Multiple session discount packages are available. Please see the CVAC Concierge or class instructor for details. Pricing above reflects member pricing.