



February

MIND AND BODY CENTER


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM <i>Peggy</i>	BODYCOMBAT 6 - 6:55 AM <i>Stephanie</i>	BODYPUMP 6 - 6:55 AM <i>Mitsuko</i>	BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i>	BODYPUMP w/ CXWORX 6 - 6:55 AM <i>Peggy</i>	CXWORX 8:30 - 9 AM <i>Peggy</i>	HOT YOGA 8 - 9:30 AM <i>Deeann</i>
YOGA FOR ATHLETES 7 - 7:45 AM <i>Peggy</i>	NIA 8 - 8:55 AM <i>Cristin</i>	YOGA FLOW 7 - 7:55 AM <i>Gina</i>	SHAKTI FLOW 8 - 8:55 AM <i>Deeann</i>	BODYFLOW 7 - 7:45 AM <i>Peggy</i>	YOGA FOR ATHLETES 9 - 9:45 AM <i>Peggy</i>	VINYASA YOGA 10 - 11:15 AM <i>Shauna</i>
HOT YOGA FLOW 9 - 10:30 AM <i>Deeann</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	HOT YOGA FLOW 9 - 10:30 AM <i>Deeann</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	HOT YOGA FLOW 9 - 10:30 AM <i>Kate</i>	BODYPUMP 10 - 10:55 AM <i>Peggy</i>	MAT PILATES 11:30 - 12:30 PM <i>Shauna</i>
BODYPUMP 11 - 11:55 PM <i>Terri</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Terri</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Megan</i>	BODYFLOW 11 - 11:55 PM <i>Peggy</i>	HOT YOGA 4 - 5:30 PM <i>Melinda</i>
ZUMBA 12 - 1 PM <i>Sharon</i>	BODYFLOW 10:30 - 11:30 AM <i>Megan</i>	STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	BODYFLOW 10:30 - 11:30 AM <i>Mitsuko</i>	STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	ZUMBA 12 - 1 PM <i>Elizabeth</i>	
STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>	HATHA YOGA 4:30 - 5:30 PM <i>Judy</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>		HOT YOGA FLOW 4 - 5:30 PM <i>Elizabeth</i>	
HOT YOGA 6:15 - 7:45 PM <i>Melinda</i>	YOGA FOR ATHLETES 5 - 5:45 PM <i>Sophia</i>	HOT YOGA FLOW 6 - 7 PM <i>Deeann</i>	YOGA FOR ATHLETES 5 - 5:45 PM <i>Sophia</i>	<div style="border: 1px solid black; padding: 10px;"> <p align="center">QIGONG+TAIJI FUSION</p> <p>Build strength and balance, gather peace of mind and connect the right and le- hemispheres of the brain through the practice of Qigong and Taiji.</p> </div>		
	BODYPUMP 6 - 7 PM <i>Terri</i>		BODYPUMP 6 - 7 PM <i>Mitsuko</i>			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN & SCULPT 8 - 8:55 AM <i>Selina</i>	POWER SPIN 7 - 7:45 AM <i>Jennifer</i>	SPIN & SCULPT 8 - 8:55 AM <i>Mitsuko</i>	POWER SPIN 7 - 7:45 AM <i>Jennifer</i>	SPIN & SCULPT 8 - 8:45 AM <i>Mitsuko</i>	RPM (Spin) 8 - 8:45 AM <i>Mitsuko</i>	
SENIOR FIT 9 - 9:45 AM <i>Kaleo</i>	QIGONG+TAIJI 9 - 9:45 AM <i>Calvin</i>	SENIOR FIT 9 - 9:45 AM <i>Mitsuko</i>	QIGONG+TAIJI 9 - 9:45 AM <i>Harriet</i>	SENIOR FIT 9 - 9:45 AM <i>Mitsuko</i>	<div style="border: 1px solid black; padding: 10px;"> <p align="center">Class Announcements</p> <p>- Please arrive to class five minutes early especially if it is your first time to get proper instruction to class format.</p> <p>- Please clear the room in a timely manner so following class can start on-time.</p> </div>	
MAT PILATES 11 - 12 PM <i>Shauna</i>	POWER SPIN 10 - 10:45 AM <i>Sehra</i>	FUSION DANCE 10 - 10:45 PM <i>Stephanie</i>	POWER SPIN 10 - 10:45 AM <i>Sehra</i>	MAT PILATES 11 - 12 PM <i>Shauna</i>		
RPM (Spin) 12:30 - 1:15 PM <i>Terri</i>	BARRE 11:30 AM - 12:20 PM <i>Jordan</i>	MAT PILATES 11 - 12 PM <i>Leah</i>	BARRE 11:30 AM - 12:20 PM <i>Jordan</i>	RPM (Spin) 12:30 - 1:15 PM <i>Terri</i>		
HIIT STRENGTH 5 - 5:30 PM <i>Mitsuko</i>	QIGONG+TAIJI 5:30 - 6:15 PM <i>Kaleo</i>	HIIT STRENGTH 5 - 5:45 PM <i>Stephanie</i>	QIGONG+TAIJI 5:30 - 6:15 PM <i>Kaleo</i>			
CXWORX 5:30 - 6 PM <i>Mitsuko</i>		MAT PILATES 6 - 7 PM <i>Ali</i>				
FUSION DANCE 6 - 6:45 PM <i>Stephanie</i>						

POOL/
REFUGE

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

 FEBRUARY PILATES GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member <i>Leah</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	ADV. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Amanda Z.</i>	REFORMER + YOGA FUSION 9:00 - 9:50 PM \$30 / Member <i>Shauna</i>
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	REFORMER + ZFITNESS 12:00 - 12:50 PM \$30 / Member <i>Leah</i>	REFORMER BARRE FUSION 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>	PILATES PHOTOSHOOT A CVAC photographer will be taking photos in our Pilates classes from Feb 1—7, 2018.			
	BEG. MIXED EQUIPMENT 6:00 - 6:50 PM \$30 / Member <i>Trudy</i>	M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Leah</i>						
TENNIS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				WOMEN'S C TEAM CLINIC 9:30 - 11:00 AM \$20 / Member <i>Alice</i>				WOMEN'S C TEAM CLINIC 9:00 - 10:30 AM \$20 / Member <i>Alice</i>
					ADULT DROP IN CLINIC 1:00 - 2:00 PM \$20 / Member <i>Brian</i>	LIVE BALL CLINIC 11:00 - 12:00 PM \$20 / Member <i>Brian</i>		
KIDS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			CHAMPIONS & FUTURES II CLINIC 4:00 - 6:00 PM \$30 / Child <i>Nick</i>	FUTURES I CLINIC 4:00 - 5:30 PM \$25 / Child <i>Nick</i>	CHAMPIONS & FUTURES II CLINIC 4:00 - 6:00 PM \$30 / Child <i>Nick</i>			

PILATES CLASS DESCRIPTIONS

MIXED EQUIPMENT CLASSES: This total body workout is ideal for those who are new to Pilates, but is 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.

RESTORATIVE REFORMER + ZFITNESS: A gentle version of the reformer class modified to be safe for clients with joint issues including arthritis, osteoporosis or injury.

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.

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

CHAMPIONS & FUTURES II: These clinics are intended for the intermediate level tennis player ages 18 and under. Clinics will focus on stroke production, footwork, conditioning, learning how to play tennis singles and doubles, introduction to point play, rallying, and strategy.

FUTURES I: These clinics are intended for the beginning tennis player ages 10 and under. They feature the R.O.G.Y. {Red, Orange, Green, Yellow ball} teaching progressions and focus on stroke production, footwork, conditioning, keeping score, court positioning and most importantly, having fun!

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