



May

MIND AND BODY CENTER

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

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPIN &amp; SCULPT</b> 8 - 8:55 AM Mitsuko	<b>POWER SPIN</b> 7 - 7:45 AM Jennifer	<b>SPIN &amp; SCULPT</b> 8 - 8:55 AM Mitsuko	<b>POWER SPIN</b> 7 - 7:45 AM Jennifer	<b>SPIN &amp; SCULPT</b> 8 - 8:55 AM Mitsuko	<b>RPM (Spin)</b> 8 - 8:45 AM Mitsuko	
<b>STAY FIT</b> 9 - 9:45 AM Kaleo	<b>QIGONG+TAIJI</b> 9 - 9:45 AM Calvin	<b>STAY FIT</b> 9 - 9:45 AM Mitsuko	<b>QIGONG+TAIJI</b> 9 - 9:45 AM Kaleo	<b>STAY FIT</b> 9 - 10 AM Mitsuko	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Class Announcements</b></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>	
<b>MAT PILATES</b> 11 - 12 PM Shauna	<b>POWER SPIN</b> 10 - 10:45 AM Sehra	<b>FUSION DANCE</b> 10 - 10:45 PM Stephanie	<b>POWER SPIN</b> 10 - 10:45 AM Sehra	<b>MAT PILATES</b> 11 - 12 PM Shauna		
<b>RPM (Spin)</b> 12:30 - 1:15 PM Terri	<b>BARRE</b> 11:30 AM - 12:20 PM Jordan	<b>MAT PILATES</b> 11 - 12 PM Leah	<b>BARRE</b> 11:30 AM - 12:20 PM Jordan	<b>RPM (Spin)</b> 12:30 - 1:15 PM Terri		
<b>HIIT STRENGTH</b> 5 - 5:30 PM Mitsuko	<b>QIGONG+TAIJI</b> 5:30 - 6:15 PM Kaleo	<b>HIIT STRENGTH</b> 5 - 5:45 PM Stephanie	<b>QIGONG+TAIJI</b> 5:30 - 6:15 PM Kaleo			
<b>CXWORX</b> 5:30 - 6 PM Mitsuko						
<b>FUSION DANCE</b> 6 - 6:45 PM Stephanie						

POOL/  
REFUGE

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

 <b>MAY</b> <b>PILATES GROUP</b>		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>	ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member <i>Paris</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>	ATHLETIC PILATES 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>				
	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>						

  

<b>TENNIS CLINICS</b>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				WOMEN'S C TEAM CLINIC 9:30 - 11:00 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>	

  

<b>KIDS CLINICS</b>		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 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**

**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!