



January

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 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>Sophia</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; text-align: center;"> <p>Need a little extra motivation? Sign up for our annual Fit by CVAC Challenge at the Front Desk -Begins Jan 21st</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 9 - 9:45 AM <i>Calvin</i>	SENIOR FIT 9 - 9:45 AM <i>Mitsuko</i>	QIGONG 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>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>	
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>	QIGONG 5:30 - 6:15 PM <i>Kaleo</i>	MAT PILATES 11 - 12 PM <i>Shauna</i>	QIGONG 5:30 - 6:15 PM <i>Kaleo</i>	RPM (Spin) 12:30 - 1:15 PM <i>Terri</i>		
HIIT STRENGTH 5 - 5:30 PM <i>Mitsuko</i>		HIIT STRENGTH 5 - 5:45 PM <i>Stephanie</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>Mitsuko</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>		

JANUARY PILATES GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MIXED EQUIPMENT 10:00 - 10:50 AM \$28 / Member Shauna	MIXED EQUIPMENT 9:00 - 9:50 AM \$28 / Member Amanda	REFORMER BEG/INTER 10:00 - 10:50 AM \$28 / Member Shauna	MIXED EQUIPMENT 9:00 - 9:50 AM \$28 / Member Amanda	MIXED EQUIPMENT 10:00 - 10:50 PM \$28 / Member Shauna	MIXED EQUIPMENT 9:00 - 9:50 AM \$28 / Member Amanda	MIXED EQUIPMENT 10:00 - 10:50 PM \$28 / Member Shauna
REFORMER INTER/ADV 12:00 - 12:50 PM \$28 / Member Shauna		REFORMER ALL LEVELS 6:30 - 7:20 PM \$28 / Member Leah		REFORMER JUMPBOARD 12:00 - 12:50 PM \$28 / Member Shauna				

TENNIS CLINICS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				WOMEN'S C TEAM CLINIC 9:30 - 11:00 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
			CHAMPIONS & FUTURES II CLINIC 4:00 - 6:00 PM \$30 / Child Nick	FUTURES I CLINIC 4:00 - 5:30 PM \$25 / Child Nick	CHAMPIONS & FUTURES II CLINIC 4:00 - 6:00 PM \$30 / Child Nick			

PILATES CLASS DESCRIPTIONS

MIXED EQUIPMENT: A mixture of exercises performed on the Reformer and Combo Chair. Similar to Reformer classes.

REFORMER JUMPBOARD: This class takes place on the Reformer, with a platform attached to the end to enable clients to jump with varying levels of resistance. This class will work the abdominals, increase the heart rate and improve coordination and articulation through the feet.

REFORMER: An hour long class on The Universal Reformer. The design of this equipment will aid in aligning your body for optimal results. Exercises are performed on a moving platform with resistive springs and straps. Enhance your workout and build longer, stronger muscles with this class.

TENNIS CLINIC DESCRIPTIONS

BEGINNER ADULT CLINIC: Players in this group learn proper stroke production and footwork with the goal of achieving consistency and placement of shots. They will also learn fundamental tactics and strategies. A fun way to learn tennis and get a good cardio workout.

ADVANCED ADULT CLINIC: The focus will be on targeting and improving specific areas of players' singles and doubles skills, tactics, and cardio using game situation play, live ball drills, and cooperative & competitive drills. A fun, active and fast paced clinic for more advanced players at the 3.5+ level.

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 whether on the baseline or at the net. 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.