

# AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# Fitness Schedule August 2017

Reservations are highly recommended for any scheduled classes and can be made by calling the spa at 310.510.7300.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00-9:50am Yoga Basics		9:00-9:50am Yoga Basics	8:15-8:45am <b>*Community Meditation Class</b>	8:30-9:15am <b>*Lower Body Circuit</b>
9:30-10:20am <b>*Yoga</b>	9:15-10:00am <b>*Stretch &amp; Glow</b>		9:15-10:00am <b>*Stretch &amp; Glow</b>		9:15-10:00am <b>Stretch &amp; Glow</b>	9:30-10:20am <b>*Yoga</b>
	10:00-10:35am Hard Body Workout	10:00-10:35am Beginner Shred Workout	10:00-10:35am Hard Body Workout	10:00-10:35am Beginner Shred Workout	10:00-10:35am Hard Body Workout	10:30-11:15am <b>*Catalina Core Circuit</b>
11-11:50am <b>*Yoga</b>	11-11:35am Funkie Fusion	11-11:35am Funkie Fusion	11-11:35am Funkie Fusion	11-11:35am Funkie Fusion	11-11:35am Funkie Fusion	
12:30-1:45pm Train Like a Contender	12-12:45pm <b>*Cardio Blast</b>	12-12:45pm <b>*Catalina Core Circuit</b>	12-12:45pm <b>*Cardio Blast</b>	12-12:45pm <b>*Catalina Core Circuit</b>	12-12:45pm <b>*Cardio Blast</b>	12:30-1:45pm Train Like a Contender
2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates
3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2
5-6pm Transform 1	5:00-5:45pm <b>*Catalina Core Circuit</b>	5:00-5:45pm <b>*Cardio Blast</b>	5:00-5:45pm <b>*Catalina Core Circuit</b>	5:00-5:45pm <b>*Cardio Blast</b>	5:00-5:45pm PLYOGA® Flow	5-6pm Transform 1
	6:00-6:45pm <b>*Cardio Blast</b>	6:00-6:45pm <b>*Catalina Core Circuit</b>	**8/2 All Fitness Classes Cancelled			

## Fitness On Demand™

Fitness On Demand is a virtual, group fitness program that offers an expansive library of fitness class options and first-class instructors. Island Spa Catalina has a pre-arranged fitness schedule that offers some of FOD's most popular virtual classes. With just the push of a button, you'll be ready to get fit at Island Spa Catalina! All you need to do is show up, tune in, and work out!

### Fitness On Demand™ Classes

#### Beginner Shred Workout

Jillian Michaels Beginner Shred is a comprehensive exercise plan to help you kickstart your weight loss journey, dramatically transforming not just your physique but also your level of fitness and self-confidence.

#### Funkie Fusion

Funkie Fusion Fitness is a fusion of muscle conditioning, floor aerobic, plyometric, and dance set to 80s and 90s music, designed for all fitness levels. The high and low impact allows individuals to set the intensity of their own workout. Funkie Fusion contains four to six elements in each routine that are repeated several times throughout the songs.

#### Hard Body Workout

Jillian Michaels' Hard Body is comprised of two 45-minute body-blasting workouts that progress in difficulty. These quick paced routines have fun, fresh new moves to deliver an incredible workout and turn your body into a lean and sexy high performance machine.

#### Mat Pilates

This is a fitness-based mat pilates class for the beginner.

#### PLYOGA® Flow

Balance, flexibility, recovery. A kicked up, hybrid, yoga inspired workout that emphasizes recovery, balance, and flexibility through power yoga poses.

#### Slim Sculpting Workout 1 & 2

Slim Sculpting Workout 1 & 2 is a slow, deliberate and empowering workout.

#### Train Like a Contender

Train Like a Contender is a fun-filled, easy-to-follow cardio boxing workout that empowers you as it blasts away calories and challenges your entire body.

#### Transform 1

Transform unites yoga and sport in a refreshing and unique journey. Engage your mind and BODY using sun salutations, plyometric hops and lunges, balance and strength poses, twisting and lengthening positions, and more.

#### Yoga Basics

This class will move at a speed that allows you to comprehend the moves while also getting a quality workout focused on strength, balance, and coordination.

### Instructor-Led Classes

#### Catalina Core Circuit

Burn off stress with this 45 minute blended circuit class. Calorie-blasting cardio meets core training for 30 minutes, followed by a 15 minute mat circuit. Work at your own pace, while challenging your current fitness level!

#### Cardio Blast

Bring your fitness goals to the next level! This high-energy 45 minute class is geared towards blasting calories and sculpting lean muscle. Start with a full body warmup, finish with simple stretches. The body of the workout incorporates plyometrics, balance, core training, and cardio in a circuit format. Each exercise is performed in 1 minute intervals, and can be modified to vary the intensity level. Gain confidence and strength for the summer season! All levels of fitness are welcome.

#### Community Meditation Class

This complimentary class is available every Friday at 8:15am. Meditation can help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. Overcoming negative minds and cultivating constructive thoughts is the purpose of the transforming meditations found in the Buddhist tradition. This is a profound practice you can enjoy throughout the day, not just while seated in meditation.

#### Lower Body Circuit

Focus on the lower body with this 45 minute concentrated workout! The lower body circuit begins with a 5-minute warm up targeting the lower body muscles followed by a mix of resistance and cardio training to help sculpt and shape the glutes and legs. Finish the class with some mat work for continued focus on the glutes and legs. The lower body circuit will help you achieve the results you're looking for!

#### Stretch & Glow

An enjoyable 45 minute class designed to energize, mobilize and stabilize from head to toe. Stretch & Glow is tailored to meet the individual's needs. Gentle toning and stretching are the heart of this workout.

#### Yoga

The connection between mind, body and breath is an individual experience. We personalize the practice to meet the needs and skill levels of our guests and therefore offer a flow and structure unique to each class. Beginners and yoga enthusiasts will be able to find their preferred degree of exertion as guided by our instructors who focus on pose sequences that offer a wide degree of customization.