

APRIL

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					



Fitness Schedule April 2018

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
			6:00-6:45am *Cardio Video Review		6:00-7:00am *Yoga	
9:00-9:50am Yoga Basics	9:15-10:00am *Senior Stretch	9:00-9:50am Yoga Basics	9:15-10:00am *Stretch & Glow	9:00-9:50am Yoga Basics	9:15-10:00am *Stretch & Glow	9:00-9:45am *Catalina Core Circuit
10:00-10:35am Beginner Shred Workout		10:00-10:35am Beginner Shred Workout		10:00-10:35am Beginner Shred Workout	10:00-10:35am Beginner Shred Workout	10:00-10:45am *Lower Body Circuit
12-1:15pm Train Like a Contender	12:30-1:15pm *Cardio Blast	12:30-1:15pm *Catalina Core Circuit	12:30-1:15pm *Cardio Blast	12:30-1:15pm *Catalina Core Circuit	12:30-1:15pm *Cardio Blast	12-1:15pm 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
		4:00-4:45pm *Catalina Hike		4:00-4:45pm *Catalina Hike		
5:00-5:45pm PLYOGA® Flow	5:30-6:15pm *Catalina Core Circuit	5:30-6:15pm *Cardio Blast	5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow
**4/22 & 4/29 "Yoke" Yoga & Hiking Event 8am – 5pm		**4/3 Cardio Blast Cancelled	**4/11 ALL Fitness Classes Cancelled	**4/12 ALL Fitness Classes Before 4pm Cancelled		
**4/22 & 4/29 Slim Sculpting 1 & 2 Cancelled		**4/10 ALL Fitness Classes Cancelled	**4/18 3pm & 5pm Classes Cancelled			

163 Crescent Avenue | Avalon, CA 90704 | 310.510.7300 | islandspacatalina.com

Attendees must be 16 years of age or older. *Instructor-led class **Schedule subject to change.

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.

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.

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

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.

Cardio Blast

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!

Catalina Core Circuit

Bring your fitness goals to the next level! This high-energy 45 minute class is geared towards blasting calories and sculpting lean muscle. The body of the workout incorporates plyometrics, balance, core training, and cardio in a circuit format. All levels of fitness are welcome.

Cardio Video Review

Bring your fitness goals to the virtual level! Cardio Video Review gives you a chance to try various cardio classes from our Fitness on Demand system in a group setting with instructor guidance to help create custom modifications for your fitness level!

Catalina Hike*

Enjoy the beautiful scenery of Catalina while working on your fitness. Move outside for a 30 minute walk/jog then finish the class with arm, core and glute toning.

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. The lower body circuit will help you achieve the results you're looking for!

Senior Stretch/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.

Sprints & Stairs*

A dynamic class to maximize fat loss! Warm up, then continue with sprints and stairs at the Crescent Stairway for maximum calorie burn! This is a high impact 45 minute cardio class.

**Weather Permitting - If weather is not suitable, class will be held inside the Wellness Studio.*