

# NOVEMBER

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 November 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
9:00-9:50am Yoga Basics		8:00-9:00am *Yoga (SG)	6:00-6:45am *Cardio Video Review (JH)	8:00-9:00am *Yoga (SG)	6:00-6:45am *Yoga (JH) **Cancelled on 11/23	9:00-9:45am *Catalina Core Circuit (KL) **Cancelled on 11/24
10:00-10:35am Beginner Shred Workout	9:15-10:00am *Senior Stretch (KL) **Cancelled on 11/5	9:15-10:00am *Mommy & Me Fitness (JH)	9:15-10:00am *Senior Stretch (KL) **Cancelled on 11/21	9:15-10:00am *Mommy & Me Fitness (JH)	9:15-10:00am *Stretch & Glow (KL) **Cancelled on 11/23	10:00-10:35am Beginner Shred Workout
12-1:15pm Train Like a Contender	12:30-1:15pm *Body Sculpting (KL) **Cancelled on 11/5	12:30-1:15pm *Catalina Core Circuit (KL) **Cancelled on 11/20	12:30-1:15pm *Body Sculpting (KL) **Cancelled on 11/21	12:30-1:15pm *Catalina Core Circuit (KL)	12:30-1:15pm *Body Sculpting (KL) **Cancelled on 11/23	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 **Cancelled on 11/25	4:00-4:45pm *Catalina Stair Circuit (KL) **Cancelled on 11/5	4:00-4:45pm *Stretch & Glow (KL) **Cancelled on 11/20	4:00-4:45pm *Catalina Stair Circuit (KL) **Cancelled on 11/21	4:00-4:45pm *Stretch & Glow (KL)	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2
5:00pm-5:45pm *Full Body Cardio Conditioning (NC)	5:15pm-6:00pm *Catalina Core Circuit (NC)	5:15pm-6:00pm *Lower Body Circuit (NC)		5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow
**11/25 Yoga & Hiking Event 8am – 5pm	6:00pm-7:00pm *Yoga (SG)		6:00pm-7:00pm *Yoga (SG)	**ALL Classes Cancelled on 11/22		

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.

### Special Event Classes

#### Yoga & Hiking on 11.25.18

Combine the power of yoga and the cardio of hiking for a day-long adventure on Catalina Island. Embark on a journey from the Wrigley Memorial & Botanic Garden on a three mile hike with a comfortable incline to take in spectacular views of both sides of the island. Then, unite your mind, body and breath through a personalized yoga class, overlooking the Avalon Harbor at the Island Spa. You'll have time to explore the quaint town of Avalon before returning to Long Beach.

### Instructor-Led Classes

#### Body Sculpting

Your Summer slim-down class is here! Use a variety of equipment to sculpt and tone the whole body. Begin with a functional fitness circuit, followed by floor mat exercises and body weight training. This is a fun challenging, 45min workout for all levels.

#### 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 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.

#### Catalina Stair Circuit\*

A dynamic class to maximize fat loss! Start in the Wellness Studio with a 5 minute warm up, then continue with 15 minutes of stairs at the Crescent Stairway for maximum calorie burn! Finish in the Wellness Studio with strength and floor work. \*Weather Permitting - If stairs are not suitable, class will be held inside the Wellness Studio.

#### Full Body Cardio Conditioning

Experience a TOTAL full body workout! This 45 minute class is a circuit-style class with a mixture of cardio exercises and weighted conditioning exercises. This workout will help you build muscle and burn fat with a complete and balanced focus on all major muscle groups.

#### 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!

#### Mommy & Me Fitness

Come alone or bring your little ones. Support and motivation is waiting for you in a beautiful safe space to reach for a new personal best. Using the available equipment let our fitness coach help you reach your goals in a free-form customized group workout!

#### 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.

#### 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.