

# SEPTEMBER

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 September 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	9:15-10:00am <b>*Senior Stretch (KL)</b>	8:00-9:00am <b>*Yoga (SG)</b>	6:00-6:45am <b>*Cardio Video Review (JH)</b>  9:15-10:00am <b>*Stretch &amp; Glow (KL)</b>	8:00-9:00am <b>*Yoga (SG)</b>	6:00-6:45am <b>*Yoga (JH)</b>  9:15-10:00am <b>*Stretch &amp; Glow (KL)</b>	9:00-9:45am <b>*Catalina Core Circuit (KL)</b>  10:00-10:45am <b>*Lower Body Circuit (NC)</b> <b>**10am Classes Cancelled after 9/8</b>
10:00-10:35am Beginner Shred Workout	12:30-1:15pm <b>*Body Sculpting (KL)</b>	10:00-10:35am Beginner Shred Workout	12:30-1:15pm <b>*Body Sculpting (KL)</b>	10:00-10:35am Beginner Shred Workout	12:30-1:15pm <b>*Body Sculpting (KL)</b>	12-1:15pm Train Like a Contender
12-1:15pm Train Like a Contender	2:00-2:30pm Mat Pilates	12:30-1:15pm <b>*Catalina Core Circuit (KL)</b>	2:00-2:30pm Mat Pilates	12:30-1:15pm <b>*Catalina Core Circuit (KL)</b>	2:00-2:30pm Mat Pilates	2:00-2:30pm Mat Pilates
2:00-2:30pm Mat Pilates	4:00-4:45pm <b>*Catalina Stair Circuit (KL)</b>	2:00-2:30pm Mat Pilates	4:00-4:45pm <b>*Catalina Stair Circuit (KL)</b>	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	5:30-8:00pm <b>*unWINE'd Yoga (SG)</b>	4:00-4:45pm <b>*Stretch &amp; Glow (KL)</b>	5:30-8:00pm <b>*unWINE'd Yoga (SG)</b>	4:00-4:45pm <b>*Stretch &amp; Glow (KL)</b>	5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow
5:00-5:45pm PLYOGA® Flow		5:30-6:15pm <b>*Catalina Core Circuit (NC)</b> <b>**5:30pm Classes Cancelled after 9/11</b>		5:00-5:45pm PLYOGA® Flow		5:00-5:45pm PLYOGA® Flow
<b>**9/9 &amp; 9/16</b> Yoga & Kayaking Event 8am – 5pm				<b>**9/6</b> Catalina Core Circuit Cancelled	<b>**9/21 Classes cancelled after 2pm</b> <b>**9/28</b> All classes cancelled due to private event	<b>**9/29</b> All classes cancelled due to private event
<b>**9/30</b> Yoga & Hiking Event 8am – 5pm		6:30-7:30pm <b>*Yoga (SG)</b>				

**\*\*9/9, 9/16 & 9/30**

Slim Sculpting 1 & 2 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.

### Special Event Classes

#### unWINE'd

Find your zen with Yoga, Wine, & Spa every Monday & Wednesday from 5:30pm-8:30pm in September! Enjoy a yoga class at 5:30pm, access to the spa amenities from 5pm-8pm, and a complimentary glass of wine. Cost is \$40 per person. Reservations are required. Call 310.510.7300 for more information.

\*\*Join us for a special **Full Moon** edition of unWINE'd on Monday, September 24<sup>th</sup>!

### 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.

#### 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.

#### 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.