

# 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 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		9:00-9:50am Yoga Basics		9:00-9:45am <b>*Catalina Stair Circuit</b>
10:00-10:35am Beginner Shred Workout	9:15-10:00am <b>*Stretch For Seniors</b>	10:00-10:35am Beginner Shred Workout	9:15-10:00am <b>*Stretch &amp; Glow</b>	10:00-10:35am Beginner Shred Workout	9:15-10:00am <b>*Stretch &amp; Glow</b>	10:00-10:45am <b>*Lower Body Circuit</b>
11:00-11:35am Funkie Fusion	11:00-11:35am Funkie Fusion	11:00-11:35am Funkie Fusion	11:00-11:35am Funkie Fusion	11:00-11:35am Funkie Fusion	11:00-11:35am Funkie Fusion	
12-1:15pm Train Like a Contender	12:30-1:15pm <b>*Cardio Blast</b>	12:30-1:15pm <b>*Catalina Core Circuit</b>	12:30-1:15pm <b>*Catalina Stair Circuit</b>	12:30-1:15pm <b>*Catalina Core Circuit</b>	12:30-1:15pm <b>Cardio Blast</b>	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	3:00-4:15pm Slim Sculpting 1 & 2	3:00-4:15pm Slim Sculpting 1 & 2
5:00-5:45pm <b>*Stretch &amp; Burn</b>	5:00-5:45pm <b>*Cardio Blast</b>	5:00-5:45pm <b>*Catalina Core Circuit</b>	5:00-5:45pm <b>*Catalina Core Circuit</b>	5:00-5:45pm <b>*Catalina Core Circuit</b>	5:00-5:45pm PLYOGA® Flow	5:00-5:45pm PLYOGA® Flow
			*11/22 Stretch & Glow & Cardio Blast & Catalina Stair Circuit Cancelled	*11/23 Catalina Core Circuit Cancelled	*11/3 & 11/17 & 11/24 Cardio Blast Class Cancelled	*11/11 Catalina Core Circuit & Lower Body Circuit Class Cancelled
					*11/10 Slim Sculpting and PLYOGA® Flow Cancelled	*11/25 Catalina Stair Circuit Class 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.

#### 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

#### 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. 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.

#### 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.

#### 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.

#### Stretch & Burn

Join us for an active recovery day. This 45 minute class focuses on deep stretches and exercises for small muscle groups that will leave them burning. A great way to end your day.