

OUTDOOR ADVENTURES NOVEMBER 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|-----------|-------------------------------------|--|--|
| | | | | | 1 | 2 |
| 3 9:00am All levels Bike Ride Jennifer | 4 Nature Hike Carrizo Canyon 9:00am-12:30pm Carol | 5 | 6 | 7 | 8 | 9 |
| 10 9:00am All levels Bike Ride Jennifer | 11 | 12 Adventure Hike Spitler Peak 7:00am Jennifer | 13 | 14 | 15 Cycle Fun Friday Kick Off 3:00pm All Levels | 16 |
| 17 9:00am Box Canyon Bike Ride Jennifer | 18 | 19 | 20 | 21 | 22 Cycle Fun Friday 3:00pm All Levels | 23 Nature Hike Round Valley/Tram 7:00am - 4:30pm Carol |
| 24 | 25 | 26 | 27 | 28 Happy Thanksgiving | 29 Cycle Fun Friday 3:00pm All Levels | 30 |

Team Spartan w/ Jordan

Designed to Improve:
Strength, Flexibility, Core Stability,
Balance and Cardiovascular Endurance.
Classes are 50 minutes

Up to 4 people; registration required. \$60pp

| Monday | Wednesday | Thursday | Friday | Saturday |
|---------|-----------------------|----------|--------|----------|
| 11:00am | 7:00am and 11:00am | 11:00am | 8:00am | 11:00am |

GROUP PILATES SCHEDULE all classes are 50 minutes

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|---|---|--|---|
| | 9:00 - 9:50am All Levels Reformer Barbara | 9:00 - 9:50am All Levels Reformer Barbara | 9:00 - 9:50 am Intro to Reformer Brenna | 9:00 - 9:50 am All Levels Reformer Brenna | 9:00 - 9:50 am All Levels Reformer James | 9:00 - 9:50 am All Levels Reformer Michelle |
| | 10:00 -10:50am Athletic Reformer Brenna | | | 10:00 -10:50am Athletic Reformer Brenna | | |
| | | 12:00 -12:50pm Intro to Reformer Seth | | | | |
| | | 3:30 - 4:20 pm Athletic Reformer Jennifer C. | | | 3:30 - 4:20 pm Athletic Reformer James | |



2024-2025

Toscana Fitness Schedule

November

38 weekly classes with many new offerings, including Gyrokinesis.

| November | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | Class Descriptions | |
|----------|--|-----------------------------------|-----------------------------------|--|-------------------------------------|---------------------------------|-------------------------------------|--|-----------------------------------|---------------------------------|-------------------------------|-----------------------------------|------------------------------|----------|----------------------------|---|
| | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio2 | Studio 1 | Studio 2 | | |
| 7:00 am | | | | | | | Squat Challenge 25 min Ronnie | | | | | | | | Yoga | The yoga practice relies on breath work and body movements performed in harmony. Yoga improves balance, strength and flexibility while training the mind to find stillness. |
| 8:00 am | Strength 50 min Jackie | | Men's Yoga 45 min Sheeryn | | | | BoxFit * 50 min Ronnie | Yoga Sculpt 45min Valentina | | | Strength 50 min Ronnie | | Silent Yoga 50 min Kat | | Abs Attack | A 30 minute class of hardcore abdominal work. It focuses on all the core muscle groups from front to back, toning and sculpting abdominal muscles |
| 8:15 am | | Abs Attack 30 min Valentina | | Abs Attack 30 min Ronnie | TRX Express * 30 min Stephen | Abs Attack 30 min Jackie | | | TRX Express 30 min * Erin | | | | | | Water Fitness | Water fitness class provides a full body work out in the water with minimal impact to your joints. The class uses a variety of noodles, buoys and kick boards. |
| 9:00 am | Yoga 50 min Valentina | | Gentle Yoga 50 min Sheeryn | Squat Challenge 25 min Ronnie | Yoga 50 min Stephen | | Barre * 50 min Valentina | Yoga w/ Sound * 60 min May | Classically Fit 50 min Erin | Yin Yoga 60 min Henny | Yoga 50 min Stephen | Abs Attack 30 min Ronnie | Yoga 50 min Kat | | TRX | TRX is a system of exercise which incorporates the suspension straps and the student creates resistance against their own body weight. **** |
| 9:15 am | | Mat Pilates 50 min Jackie | | | | Mat Pilates 50 min Jackie | | | | | | | | | Gyrokinesis | Gyrokinesis is specific practice to open energy pathways and stimulate the nervous system. Students practice a variety of rhythmic and flowing sequences. This class is done seated. |
| 10:15 am | Barre * 50 min Valentina | | | | | | | | | HIIT Pilates 50 min Henny | Barre * 50 min Michelle | | | | Strength | The Strength classes uses light and heavy weights, bands, and functional equipment in a circuit style workout to energize and strengthen the entire body. |
| 10:30 am | | Water Fitness 50 min Jackie | Gyrokinesis* 60 min \$ Seth | | Classically Fit 50 min Jackie | | Restore Yoga * 60 min May | | | Water Fitness 50 min Erin | | Water Fitness 50 min Ronnie | | | BoxFit | This class gives the student an opportunity to increase upper body strength, focus and coordination. Class size is limited so each students gets proper attention and instruction. **** |
| 11:30 am | Chair Stretch & Strength 50 min Valentina | | | | | | | | | | | | | | Classically Fit | Our newest class is designed for the student who wants a slower pace and a less intense workout. The class incorporates use of chairs, the barre, and lightweights providing stability while gaining strength and mobility. |
| 12:00 pm | | | | | | | Gyrokinesis* 60 min \$ Seth | | | | | | | | Barre | Set to upbeat music, this class tones and tightens the muscles in a full body workout. Using the bar as a stabilizer, students can align and define their form through specific exercises. **** |
| 2:00 pm | Restore Yoga * 60 min May | | | | | | | | | | | | | | Squat Challenge | This 25 minute class offers the lower body its best workout. Students practice a variety of squats increasing strength in legs and glutes while promoting good posture and healthy back. |
| 3:00 pm | | | | TPI * \$ Golf Performance Nic | | | | TPI * \$ Golf Performance Nic | | | | | | | TPI Golf Performance | |

Classes noted with asterisks require registration. Gyrokinesis has a \$30 charge. TPI has a \$50 charge For November, weekend yoga classes will be held in the Outdoor Pavilion.

1 hour cancellation notice is required to avoid charges Guests are welcome in all classes except those that require registration. Classes fill up quickly, please be on time/Please silence your mobile device before class.