

# CARPET STUDIO AND AQUA CLASSES WEEKLY SCHEDULE

WEEK OF NOVEMBER 25th, 2019

At times, instructor substitution may be necessary. Substitute instructors indicated by CAPITALS.

\*\* indicates Guest Instructors

## CARPET STUDIO

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	(6:00-7:00) PILATES WITH PROPS Tina	(5:45-7:00) ATHLETIC CONDITIONING Ballu	<b>NEW</b> (6:00-7:00) GYMNASIUM BOOT CAMP Hillary	Thanksgiving Hours: 7am-4pm	(5:45-7:00) YOGA FOR ALL Ballu		
7:00	(7:05-8:00) PILATES All Levels Tina		(6:00-7:00) PILATES "WITH PROPS" (7:05-8:00) PILATES "All Levels" Tina		(7:05-8:00) Pilates "All Levels" Tina		(7:00-8:00) MOBILITY MATTERS Christian
8:00	(8:05-9:00) YOGA FLOW Level 2 Heidi	(7:30-9:00) YOGA 2 Rod	(8:05-9:00) YOGA FLOW Level 2 LINDSAY	(7:30-9:00) YOGA 1-2 Rod	(8:05-9:00) LINE DANCING Carah	(8:00-9:00) STEP Shelly	(8:05-9:00) CORE & STRETCH Maria
9:00	(9:05-10:00) STEP & MUSCLE Ellen	(9:05-10:00) TOTAL BODY TABATA Sue T.	(9:05-10:00) STEP Shelly	(9:05-10:00) TURKEY TABATA Shelly	(9:05-10:00) STEP INTERVAL TBA	(9:05-10:00) BODY CONDITIONING Shelly	(9:05-10:00) BODY CONDITIONING Heather
10:00	(10:05-11:00) CARDIO CUT Carah		(10:05-11:00) BODYSHRED® Celine	(10:05-11:00) BOSU SCULPT Cheryl	GYMNASIUM (9:15-10:15) TRIPLE KICK BALLU	(10:05-11:30) YOGA All Levels Grace	
11:00	(11:05-12:30) YOGA ENERGY MOVEMENT Claudia	(11:20-12:15) SCULPT & CORE FUSION Laurie	(11:05-12:35) ROLL, STRETCH & RESTORE Celine	(11:05-12:30) GENTLE YOGA FLOW Ballu	(10:05-11:00) BODY CONDITIONING ROBIN	(11:35-1:00) BODYMIND HEALING TAI CHI/QIGONG CANCELED	(11:30-12:45) YOGA 1 Rod
1:30	(1:30-2:30) CHAIR YOGA & MEDITATION BALLU	GYMNASIUM (12:30-1:30) BOOT CAMP Charles			(11:05-12:15) YOGA 1-2 Grace		
4:00	(4:00-5:25) YOGA 2 CELINE	(1:00-2:00) FUNCTIONAL BODY FOR ACTIVE LIFESTYLE Paul	(4:00-5:25) YOGA 2 Grace		(12:20-1:15) GENTLE FITNESS Pam		
5:30	(5:30-6:30) INTERVAL TRAINING Laurie	(5:30-6:30) ATHLETIC CONDITIONING Ballu	(5:30-6:00) BOSU CORE & BALANCE (6:00-6:40) BODYSHRED® & STRETCH Cheryl				
6:00	(6:35-7:45) YOGA 1-2 Rod	(6:35-8:00) MINDFUL YOGA ROD	(6:45-8:00) YOGA FLOW 1-2 David		(6:00-7:30) GENTLE YOGA BALLU		

## POOL

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30		(9:30-10:25) AQUA-FIT Marian		(9:30-10:30) AQUA-FIT ERIC		(10:30-11:30) H2O POWER ERIC	(9:30-10:30) AQUA-FIT Eric
11:00	AQUA-FIT Marian		AQUA-FIT Andrea		AQUA-FIT Pam		
5:30	AQUA-FIT Marian	AQUA-FIT ANDREA	AQUA-FIT Dori				

## WOOD STUDIO AND TRX CLASSES WEEKLY SCHEDULE

WEEK OF NOVEMBER 25th, 2019

At times, instructor substitution may be necessary. Substitute instructors indicated by CAPITALS.

\*\* indicates Guest Instructor

Check out our new classes!



### WOOD STUDIO

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	(5:30-6:30) CYCLE CONNECT ROBIN	(5:45-7:00) CARDIO DANCE Carah	(5:45-7:00) CYCLE CONNECT Isidro	Thanksgiving Ho urs: 7am-4pm	(5:45-7:00) CYCLING & CORE NOEL	(7:00-7:50) URBANKICK® ROBIN	
7:00	(7:30-8:30) BODY CONDITIONING (8:35-9:00) STRETCH Robin	(7:00-8:15) YOGA STRETCH CHRIS W.	(7:30-8:30) BODY CONDITIONING (8:35-9:00) STRETCH Robin	(7:15-8:00) GENTLE FITNESS Robin	(7:30-8:30) BODY CONDITIONING (8:35-9:00) STRETCH Laurie	(8:00-9:00) CYCLE CONNECT ROBIN	(8:00-9:00) CYCLE CONNECT Jessica
9:00	(9:05-10:00) CYCLE CONNECT Sue T.	(8:30-10:00) FASTRAC Shelly	(9:05-10:00) CYCLE CONNECT Maureen	(8:05-9:00) BALL CHALLENGE Robin	(9:05-10:00) FRIDAY FEATURE RIDE "CYCLE CONNECT" Laurie	(9:05-10:00) ZUMBA® Noel	(9:05-10:00) CARDIO STRIKE Maria
10:00	(10:05-11:15) TOTAL BODY CONDITIONING Celine	(10:05-11:30) YOGA 1-2 CHRIS W.	(10:05-11:15) TOTAL BODY CONDITIONING Maureen	(9:05-10:30) Gratitude REVolution Ride Laurie, Maureen & Celine	(10:05-11:15) ROLL, STRETCH & RESTORE Melinda	(10:05-11:00) GROUP CYCLING Noel	(10:05-11:30) YOGA 2 Chris
11:00	(11:20-12:15) ZUMBA® TONING AND CARDIO Cheryl	(11:35-12:30) NIA®: MOVE TO HEAL Janet	(11:20-12:15) ZUMBA® TONING AND CARDIO Cheryl	(10:35-11:30) CORE & STRETCH Laurie	(11:20-12:15) ZUMBA® Kathleen	(11:05-12:00) GENTLE PILATES & STRETCH Noel	(11:35-12:30) BODY AND SOLE Kathleen
Noon	(12:20-1:15) GROUP CYCLING LAURIE	NEW (12:35-1:30) CARDIO DANCE Karen	(12:30-1:25) CYCLE STRENGTH INTERVALS Laurie	(11:35-12:30) ZUMBA® Sandra	(12:30-1:15) CYCLE INTERVALS Celine		
1:00	(4:05-5:00) PILATES SCULPT Stephanie/Laurie		(1:30-2:30) CHAIR YOGA David				
5:00	(5:05-6:00) BARREFIT Stephanie/Celine	(5:30-6:30) CYCLING & CORE Isidro	(4:05-5:00) PILATES SCULPT (5:05-6:00) ROLL, STRETCH & RESTORE Melinda		(3:00-4:15) YOGA FOR MEN BALLU	(4:00-5:30) YOGA 2 Rod	(4:00-5:30) VINYASA FLOW YOGA Celine
6:00	(6:05-7:00) CYCLE CONNECT Heather	(6:35-7:30) ZUMBA® Sandra	(6:05-7:00) CYCLE CONNECT Isidro		(4:30-5:45) CORE & STRETCH Celine	Club Hours: M-F: 5a-11p, Sat. 6a-9p, Sun. 7a-9p	

### TRX CLASSES (HELD IN GYMNASIUM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(6:00-7:00) TRX BOOT CAMP* ERIC	(9:00-10:00) TRX MUSCLE & MOVEMENT* Paul	(9:15-10:10) TRX ULTIMATE* ERIC			(11:15-12:15) TRX BODY BLAST * ERIC	(11:00-12:00) TRX BURN * ERIC
(10:15-11:15) TRX INTERVAL* Sue T.	(10:15-11:00) TRX BASICS* Paul	(10:15-11:15) TRX INTERVAL * Shelly				
(6:00-7:00) TRX INTERVAL* Brennan					Sign up <u>TWO HOURS</u> in advance at the Front Desk, by phone or ONLINE at <a href="http://www.oakwoodathleticclub.com">www.oakwoodathleticclub.com</a> .	

## GROUP EXERCISE CLASS DESCRIPTIONS

### ATHLETIC CARDIO

**BODYSHRED®:** This 30-minute high intensity, fun and effective interval/metabolic circuit workout is divided into sections of 3 minutes of strength moves, 2 minutes of cardio, and 1 minute of core.

**CARDIO STRIKE:** This class is a full body conditioning workout that will challenge your cardiovascular endurance while utilizing fun, high-energy boxing drills and powerful Tae Kwon Do kicks.

**CARDIO CUT:** Need a time-efficient workout? This high-energy class incorporates a combination of high and low impact moves to optimize your cardiovascular conditioning. You will use resistance training to optimize your cardio work out and help tone up! This interval training class will challenge your strength, power and cardio all at once! Prepare to get your heart pumping and your body moving.

**STEP AEROBICS:** High intensity, low impact workout using broken-down, choreographed patterns on the Step platform. Step & muscle incorporates strength training exercises, either during or at the end of the step workout.

**TOTAL BODY TABATA:** A fun, challenging workout that's guaranteed to burn fat ... and leave you feeling great! This is true Tabata-style training: 20 seconds of cardio, strength and core followed by 10 seconds of rest, repeated eight times.

**TRIPLE KICK:** Knock out hundreds of calories through 9 rounds of mixed martial arts conditioning! Whether the focus of the round is stamina, agility or speed, you will punch and kick your way to a lean, tight body, stronger core and better balance!

**H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING):** This fun and energetic class is the ultimate cross-training workout! It combines both high and low impact movements, cardio intervals and total body strength and power training all for the goal of improving cardiovascular fitness, muscular strength and endurance.

### DANCE EXERCISE

**BODY & SOLE:** A barefoot dance based class that strengthens and lengthens. Find your comfort zone as you mobilize joints and increase stability, balance and body awareness. This fun class is suitable for all levels and is very energetic through world, Latin and urban beats.

**CARDIO DANCE:** Cardio Dance offers a blast of cardio, coupled with dance-based choreography. You never know which style of dance you'll get from week to week: swing, salsa, hip-hop, modern, African...

**LINE DANCING:** Exercise your body and mind by dancing to lively, upbeat music. Line dancing is a fun way to dance socially without a dance partner. We'll do the Cha Cha Slide, the Cupid Shuffle, the Wobble, the Macarena, the Tush Push, and so much more!

**NIA®:** Nia® tones your mind and tunes your body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia® cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit - body, mind, emotion, and spirit. Nia® is practiced barefoot, non-impact, and adaptable.

**ZUMBA® FITNESS:** This class fuses worldwide rhythms and easy-to-follow moves to create a dynamic workout. ZUMBA® TONING AND CARDIO blends body-sculpting exercises and Zumba moves into one calorie-burning strength and cardio class.

### BODY SCULPTING

**BARREFIT:** BarreFit is a fluid blend of pilates, dance, yoga and the perfect balance of strength, flexibility and cardio. This fun experience on the Ballet Barre alternates deep muscle-toning movements along with cardio intervals set to an upbeat music at a vigorous pace!

**BODY CONDITIONING:** Treat yourself to an all-around body conditioning workout with weights, bands, balls combined with timeless, traditional body-weight exercises! This class will condition & strengthen major muscle groups.

**CORE & STRETCH:** If your goal is to lay the foundation for a strong core, then this class is for you! It will help you improve your posture while developing strong and shapely-defined abdominal, back and hip muscles. Come to class with an open mind, commitment and dedication! Best of all, you will also enjoy specific stretching exercises in the second part of the class.

**FUNCTIONAL BODY FOR ACTIVE LIFESTYLE:** Functional Body is a low joint impact class designed to train and strengthen the body across all planes of motion. Exercises flow in traditional movement patterns, and build energy, balance and core strength.

**GENTLE FITNESS:** This class is specifically designed for the active adult seeking an easy-to-follow workout to increase stamina and strength. It includes low-impact cardiovascular conditioning, strength training to improve strength and bone density, flexibility, fall prevention and balance. Emphasis will be on functional fitness and posture.

**SCULPT CORE FUSION:** This class blends exercises on the BALL, BOSU® balance trainer, weights, gliding discs for a total body toning workout. You will take traditional strength exercises to the next level while working your core dynamically.

**TOTAL BODY CONDITIONING:** Break free of the traditional strength training workout! You will experience combo workouts utilizing a variety of equipment and blending functional exercises with interval training. You will train your cardiovascular system, but also develop integrated functional strength.

**YOGA TONE:** This workout consists of functional, full range-of-motion strength training exercises designed to challenge the entire body. It will offer strategically interspersed HIIT exercises, targeted yoga sculpt sequences and deep yoga stretches for a physically and mentally restorative experience.

### GROUP CYCLING

**CYCLING & CORE:** This class starts with 45 minutes of cycling, then 5 minutes of core work off the bike and finishes with a 5-minute stretch.

**GROUP CYCLING:** This class effectively simulates an outdoor biking experience. Rhythmic drills, form, breathing and intensity control will be emphasized through the use of mental focus and motivational music.

**FASTRAC:** Cycling, body conditioning, abdominal training, & stretching in one workout. Class is 90-minute long.

**FRIDAY FEATURE RIDE:** TGIF! James Bond? Summer of Love? Prince Tribute? You'll experience it all and more in this fun-filled, theme-based cycling class.

**OM CYCLE:** Rock your ride & roll out your mat! Get your cardio in and balance it out with yoga. The first 40 minutes will boost your cardio in a high-energy ride and get you ready for yoga quicker! We will wind down with a short upper body series and embark on a 30-minute yoga journey to restore balance and flexibility!

### YOGA

**ENERGY MOVEMENT YOGA:** It is a dynamic new way to enhance the range of motions, break through physical and energetic blockages, boost the body's flexibility and strength, creating a more positive body-mind relationship. Along with the flow of postures the emphasis is on breathing which stimulates every cell and releases toxins from the body. All levels are welcome to join this class which awakens the breath, fluidity of the spine, and inner power.

**GENTLE YOGA:** This form of yoga helps relieve the effects of chronic stress & is based on a series of restful postures designed to cleanse, tone & nourish the organs. It renews the spirit & peacefully restores energy. Slow-moving, floor-supported gentle movements are specifically designed to release stress & tension from the back, hips, neck & shoulders. This class is ideal for those recovering from injuries or illness, & those in need of deep rest, relaxation & rejuvenation.

**YIN YOGA AND MEDITATION:** The focus of this gentle practice is to create foundation of emotional, mental and physical relaxation. Through supported poses, breath awareness and basic meditation techniques, you will restore health and vitality to your body and mind. From this place of stillness, the body can access its natural ability to heal, rest, and build its immunity.

**YOGA:** A traditional class that blends varied styles of Hatha Yoga to promote relaxation, strength, flexibility, mental awareness & balance.

**"Yoga Level 1"** focuses on building a solid foundation of poses & breathwork with full awareness & intelligence of the body and mind; perfect for new participants & those who wish to renew their practice. **"Yoga Level 2"** is suitable for intermediate participants.

**GENTLE FLOW YOGA:** Gentle Flow is a slower-paced, contemplative integration of postures and breath, with an emphasis on **accessing a calm and empowered body, mind, spirit and soul.** This class focuses on safely and effectively stretching and strengthening as well as exploring breath, relaxation and mindfulness techniques. Classes are appropriate for all levels of experience, and can be modified for those with physical considerations.

**VINYASA FLOW YOGA:** This practice will alternate between vinyasa (flow) sequences and static postural work with an attention to precise alignment and pose improvement. The direction of this class will vary from week to week, exploring everything from deep forward bends and twists, to core and arm balances, to backbends and inversions. Expect solid work in fundamental poses & progressive sequencing guided by a steady breath to heat the body & cool the mind!

**MINDFUL FLOW:** Mindful Yoga weaves simple meditation practices with our breath and yoga movements to bring awareness & healthy action on the mat and through the day. A class may include any of these: breath exploration, structural support, fun gentle flow and relaxation techniques

### PILATES / STRETCHING

**MAT PILATES:** Focuses on abdominal strength and spinal flexibility to develop a powerful "core". This method trains the entire body & mind while emphasizing proper alignment & posture, effective body mechanics, correct breathing, improved circulation, and relief of chronic pain & stress.

**ROLL, STRETCH & RESTORE:** These routines will realign, and repair proper joint range, and promote healthy muscular tone and core strength. Comparable to deep tissue massage, myofascial stretching, and trigger point therapy, this self-care class will help to reduce muscle tension and pain as you improve flexibility and stability for better quality of movement.



**4000 Mt. Diablo Boulevard  
Lafayette, CA 94549  
(925) 283-4000**

## **GROUP EXERCISE CLASS GUIDELINES**

- 1. For your safety and courtesy to others, please arrive on time. Please refrain from entering the room ten (10) minutes after the scheduled starting time. Late arrivals may be turned away.**
- 2. Please return all props and equipment to their appropriate location after use.**
- 3. If you are new to exercise, pregnant, have back problems or any limitations; please let the instructor know before class.**
- 4. Be sure your cell phone or pager is turned off or on vibrate.**
- 5. For maximal effectiveness and comfort, avoid eating an hour prior to yoga and Pilates classes.**
- 6. Drink plenty of water before, during, and after exercise.**
- 7. Studio usage is reserved for activities under staff supervision.**
- 9. Classes are a group activity. Please follow instructor's direction. Appropriate modifications are welcomed. Again, let instructor know of any limitations.**

*For more information, please contact Group Exercise Manager  
at (925) 283-4000, ext. 117*



### **AQUA FITNESS**

**AQUA-FIT:** Provides a cardiovascular and toning workout in an aquatic environment. As water provides both resistance and buoyancy, it allows vigorous exercise with minimal stress on the joints and the spine.

