



Schedule Starts
9/11/2023

Monday

7:00am	Cycling	Melane
8:00am	Pilates Mat	Norma
9:00am	Barre	Laura
10:00am	Mood-Lit Yoga	Laura
12:00pm	Active Aging	Melane
5:15pm	Body Combat	Denise*

Tuesday

7:00am	Strength Training + TRX	Laura
8:00am	Cardio Dance	Vicky
9:00am	Body Sculpt	Norma
10:00am	Yoga Sculpt	Stephanie
5:15pm	Dirty 30	Denise*

Wednesday

7:00am	Mood-Lit Yoga	Laura
8:00am	Cycling	Melane
9:00am	Abs & Booty	Shirley
12:00pm	Active Aging	Linda
5:30pm	Pilates at the Barre	Kelsey

Thursday

7:00am	Strength Training + TRX	Laura
8:00am	Zumba	Adriana
9:00am	Body Combat	Denise*
10:00am	Pilates at the Barre	Kelsey
5:15pm	Body Combat	Denise*

Friday

7:00am	Cycling	Melane
8:00am	Abs & Booty/Strength	Melane
9:00am	Cardio Dance	Linda
10:00am	Yoga	Stephanie
12:00pm	Active Aging	Melane

Saturday

8:00am	Zumba	Vicky / Adriana
9:00am	Yoga Sculpt	Laura
10:00am	Body Combat	Denise*

Sunday

10:00am	Mood-Lit Yoga	Laura
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Club Hours

**M-F:
6am-8pm**

**Sat:
8am-2pm**

**Sun:
10am-2pm**

Online Schedule
www.shape-up.com
(949) 760-9335

*All of Denise's classes require setup. Please arrive 5 min. early.

**All classes are 50 minutes in length except for Dirty 30.

Abs & Booty

Focus is on the abdominals, glutes and hips. A wide variety of floor exercises are used to tighten and strengthen your core.

Active Aging

Active Aging classes focus on the healthy, independent, self-efficacious individuals who are staying strong with exercise. This fun class will motivate you through a variety of exercises designed to increase your muscular strength, range of movement, and balance for daily living. Class can be modified depending on your fitness level and/or for those returning to exercise following post surgical rehabilitation.

Barre

A low impact conditioning class combining ballet, barre, and Pilates techniques. Class will take place on the mat as well as at the barre, using props and light weights. Exercises target smaller muscle groups to promote balance, posture, and stability.

Body Combat

A complete body workout with intense strength exercises. You never know what you will do. You just know it will be intense. Uses barbells, dumbbells, medicine balls, and bodyweight exercises.

Body Sculpt

Build beautiful muscles with our **body** sculpting class. Using your **body**-weight, dumbbells, bands, or a bar, this class will firm you up.

Cardio Dance

A class of dance moves for a great aerobic workout. Love to dance, move and have fun? This class is for you.

Cycling

Appropriate for most fitness levels, easy on the joints and effective in burning calories. Hit the Spin/Cycle trail with the fastest 50 minute class you'll find. Pace yourself to the latest music videos (and some oldies). It's like being at a concert and getting your workout done at the same time.

Dirty 30 (H.I.I.T.)

A 30-minute *High Intensity Interval Training* class that will torch more calories and challenge your cardio respiratory system in less time than a traditional 60-minute workout. Four exercises, 20 seconds each and 10 rounds— 30 minutes, that's all it takes.

Pilates at the Barre

Pilates at the barre takes the basic foundation of mat Pilates and combines it with a few ballet inspired moves at the barre that will tone and stretch different muscles groups. This class helps you concentrate on your flexibility, posture and balance. You'll leave class feeling two inches taller!

Pilates Mat

Low-impact exercises that build strength, tone the muscles and creates a long, lean body frame. The goal of a mat Pilates class is to strengthen the body's "powerhouse," a Pilates term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes.

Strength & TRX

This strength training class uses weights, calisthenics and TRX. Focuses on strength, to engage fast twitch muscle fibers for a complete and total workout.

Yoga

Vinyasa flow with a slower pace, linking movement with breath and focusing on proper alignment in the poses. Improve balance, flexibility and posture while relieving stress. Appropriate for all levels. Great for beginners.

Yoga Sculpt

A unique combination of Vinyasa flow yoga, light strength training, and cardio. Music is more upbeat.

Zumba

Take the "work" out of your workout. This blend of low-intensity and high-intensity moves create an interval-style, dance fitness with Latin and World rhythms.