



Schedule Starts
10/3/2022

Monday

7:00am	Newport Center Toastmasters (<i>register online at shape-up.com</i>)	
8:30am	Pilates Mat	Norma
9:30am	Barre	Laura
10:30am	Yoga	Laura
12:00pm	Active Aging	Melane
5:15pm	Body Combat	Denise*

Tuesday

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

Wednesday

7:00am	Yoga	Laura
8:00am	Cycling	Melane
9:00am	Abs & Booty	Shirley
10:00am	Pilates Mat	Kelsey
12:00pm	Active Aging	Carol

Thursday

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

Friday

7:00am	Cycling	Melane
8:00am	Abs & Booty	Ismaiel
9:00am	Cardio Dance	Nikki
10:00am	Yoga	Debbie
12:00pm	Active Aging	Melane

Saturday

8:00am	Zumba	Vicky
9:00am	Yoga Sculpt	Stephanie
10:00am	Body Combat	Denise*

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.

Dance & Strength

Move'n Build. A non-stop class of dance moves for cardio and resistance exercises for strength. A full body workout.

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.

Newport Center Toastmasters (Club 231-F)

Shape Up your speaking and communication skills with one of the most highly rated Toastmasters Clubs in the world that has maintained the President's Distinguished status for the last 41 years. Club 231F, is one of the early adopters of the hybrid meetings throughout the Toastmasters organization worldwide, and pioneered the "**Hybrid Meeting in a Box**". This class can be attended live or through Zoom. Pre Registration required at www.shape-up.com

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.