

# WAMCLUBS

## 2024

### FITNESS

### CLASS

### SCHEDULE

#### MONDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- PILATES 9-10AM|DANA| MP
- HATHA YOGA 10:15-11:30AM WHITNEY ZOOM ID 86712980969|WH
- QI GONG 10:30AM-11:30AM ANTON|MP
- AQUA EXERCISE 10:45AM-11:45AMPM EVELYN/JENNIFER|WH

#### TUESDAY

- SPIN 5:45AM-6:45AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9AM-9:55AM HOLLY ZOOM ID 88010973408|WH
- OFF THE WALL STRENGTH 10:15AM-11:10AM WHITNEY|MP
- CORE BODY TRAINING 10:15AM-11:10AM HOLLY ZOOM ID 81442350651|WH
- YOGA 5:30PM-6:45PM WHITNEY|MP

#### WEDNESDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- STRENGTH TRAINING 8AM-9AM LENO|MP
- POWER SHOP 8AM-8:55AM JOLENE|WH
- YOGA FOR TENNIS 9AM-10:00AM BETH|MP
- HATHA YOGA 10:15AM-11:30AM WHITNEY ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM| BETH MP
- AQUA EXERCISE 10:45AM-11:45AM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP

#### THURSDAY

- SPIN 5:45AM-6:45AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9:15AM-10:10AM HOLLY|WH
- OFF THE WALL STRENGTH 10:15-11:10AM WHITNEY| MP
- CORE BODY TRAINING 10:15-11:10 VANESSA ZOOM ID 81442350651|WH
- YOGA 5:30-6:45PM BETH|MP

#### FRIDAY

- STRENGTH TRAINING 8AM-9AM STORY|MP
- GENTLE YOGA 10:15AM-11:30AM WHITNEY ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM HOLLY|MP
- AQUA EXERCISE 10:45AM-11:45AM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP

#### SATURDAY

- MAT PILATES 8AM-9AM MARCHOND|WH
- DANCE SYNERGY 9AM-10AM MARCHOND|WH

#### SUNDAY

- YOGA 10:15AM-11:30AM JESS ZOOM ID 86712980969|WH



#### CLASS KEY

MP: MOUNTAIN PARK

WH: WEST HILLS

IN  
PERSON  
ONLY

HYBRID:  
VIRTUAL &  
IN PERSON  
PASSWORD:  
WAMCLUBS

## **AQUA EXERCISE**

**CLASS FOCUSES ON A LOW IMPACT WORKOUT IN A 3D ENVIRONMENT: RESISTANCE, BUOYANCY & WATER PRESSURE**

## **SPIN**

**A HIGH INTENSITY LOW IMPACT CARDIO VASCULAR WORKOUT. COME READY TO SWEAT & HAVE A GREAT TIME WHILE IMPROVING YOUR HEART AND LUNGS**

## **CARDIO INTERVAL**

**FOCUSES ON STEP AND FLOOR AEROBICS, INCLUDING INTENSE CARDIO VASCULAR CONDITIONING & COMPOUND STRENGTH TRAINING MOVEMENTS USING FREE WEIGHTS**

## **POWER SHOP**

**STRENGTHEN & SCULPT YOUR MUSCLES USING THE STEP BENCH AND FREE WEIGHTS**

## **MAT PILATES**

**THE PRINCIPAL OF PILATE'S FOCUSES ON FLEXIBILITY, BALANCE, CORE STRENGTH & BREATHING.**

## **DANCE SYNERGY**

**FEATURES INTERVAL TRAINING SESSIONS WHERE FAST & SLOW RHYTHMS COMBINED WITH RESISTANCE TRAINING SCULPT & TONE YOUR BODY WHILE BURNING FAT**

## **CORE BODY TRAINING**

**FOCUS ON TOTAL BODY STRENGTH TRAINING WITH AN EMPHASIS ON CORE & POSTURE. YOU WILL USE LIGHT DUMBBELLS & BODY WEIGHT MOVEMENTS TO HELP STRENGTHEN YOUR BODY HEAD TO TOE**

## **YOGA**

**TAP INTO YOUR UNLIMITED POTENTIAL, ACCESS YOUR INNER PEACE; ACHIEVE BALANCE, STRENGTH & FLEXIBILITY THROUGH YOGA POSES**

## **HATHA YOGA**

**THIS STYLE OF YOGA FOCUSES ON TAKING THE TIME TO DISCOVER THE PROPER ALIGNMENT FOR EACH POSE. ATTENTION IS GIVEN TO BREATHING TECHNIQUE, FORM AND STRENGTH**

## **YOGA VINYASA**

**THIS FLOW STYLE LINKS TOGETHER STRENGTHENING & STRETCHING POSES. THIS PRACTICE NOT ONLY INCREASES FITNESS LEVELS BUT IMPROVES RANGE OF MOTION AND ALLEVIATES STRESS & TENSION**

## **GENTLE YOGA**

**THIS STYLE OF YOGA FOCUSES ON THE FOUNDATIONS OF YOGA, OFFERING A WIDER RANGE OF MODIFICATIONS FOR EACH POSE**

## **H.I.I.T**

**HIGH INTENSITY INTERVAL TRAINING! THIS 30 MINUTE WORKOUT WILL WORK YOUR ENTIRE BODY INCLUDING INTENSE CARDIO VASCULAR EFFORTS**

## **STRENGTH TRAINING**

**THIS CLASS FOCUSES ON A VARIED WHOLE BODY WORKOUT WHERE YOU WILL EMPHASIZE GOOD FORM & PERFORM FUNCTIONAL QUALITATIVE MOVEMENTS**

## **BARRE**

**IS DISTINGUISHED FROM OTHER GROUP FITNESS ACTIVITIES BY ITS USE OF THE BALLET BARRE & ITS INCORPORATION OF MOVEMENTS DERIVED FROM BALLET**

## **YOGA FOR TENNIS**

**EXPLORE STRENGTH AND RANGE OF MOTION IN THIS CLASS GEARED TOWARDS TENNIS PLAYERS**