

FITNESS WEST CLASS SCHEDULE

1880 GARNET AVENUE PACIFIC BEACH, CA 92109
(858) 272-WEST (9378) WWW.FITNESSWESTPB.COM

| | MON | TUE | WED | THU | FRI | SAT | |
|--------------------------------------|--|---|--|---|---|--|--|
| | SUN | | | | | | |
| 6:00AM 7:00AM | *7:00 CP Training 75 min Rodrigo | 6:00 Cycling 60 min Chanda | *7:00 CP Training 75min Rodrigo | 6:00 Cycling 60min Chanda | *7:00 CP Training 75min Rodrigo | | |
| 7:00AM 8:00AM 8:15AM 8:30AM | 8:30 Cycling 60min Rodrigo | 7:00AM Circuit Training 45Min Rodrigo | 8:30 Cycling 60min Rodrigo | 7:00 Circuit Training 45 Min. <u>Rodrigo</u> 8:00 Zumba 55min Eileen | 8:30 Cycling 60min Rodrigo | 8:30 Cycling 60min Lori | 8:15 Cycling 60min Joylyn |
| 9:00AM 9:30AM | 9:30 Core N Strength Training 60min Kelly | 9:00 Zumba 60 min Eileen | 9:30 Core N Strength Training 50min Secil | 9:00 Core N Strength Training 60 min Lori | 9:30 Pilates 50 min Secil | | |
| 10:00A M | | *10:00 CP Training 75min Rodrigo | | *10:00 CP Training 75 min Rodrigo | | 10:00 Hatha Yoga 75 min Natalie | *10:00 CP Training 75min Rodrigo |
| 12:00PM | Yoga 60 min Lynn | | Yoga 60 min Natalie | | Yoga 60 min Emily | | Yoga 60 min Emily |
| 4:00PM 4:30PM | | 4:30 Vinyasa Yoga 60 min Karen | 4:00 Pilates 50min Secil | 4:30 Vinyasa Yoga 60 min Lynn | | | |
| 5:45PM 6:00PM | 5:45 *CP Training 60min Rodrigo | 6:00 Cycling 60min Lori | 5:45 *CP Training 60min Rodrigo | 6:00 Cycling 60min Kathryn | 5:45 CP Training 75min Rodrigo | | |
| 6:45PM | Boot Camp Cross Training 60min Tato | | Boot Camp Cross Training 60 min Tato | | | | |

Note: Instructors and Schedules are Subject to Change.

**Hours: Mon. – Thurs. 5am – 10:30pm; Fri. 5am – 10pm;
Sat. 7am – 7pm; Sun 8am – 6pm.**

Guest Fee: \$10/class. *CP Training is a fee class except Friday night.

Boot Camp Cross Training: 60 minutes - Intense, total body workout that combines both cardiovascular and strength training. The class is designed to increase your cardiovascular capacity, muscular strength and endurance.

Core N Strength Training: 60 minutes - A full body workout that utilizes dumbbells, rubber bands and body weight exercises. The workout targets all the major muscle groups of the lower and upper body as well as an emphasis on the core. The class is designed to increase strength, flexibility and endurance.

Pilates: 60 minutes-Pilates-based workout that combines weights and stretching exercises to improve strength and flexibility. Emphasis is on proper posture and balance.

Yoga: 60 minutes - This class combines vinyasa flow yoga to build heat in the body along with an eclectic blend of hatha yoga styles to increase strength, balance, and flexibility, reach greater levels of calm in the nervous system and foster an improved sense of well-being.

Hatha Yoga -10am Saturday: 75 minutes.

Alignment of breath and body in standard poses geared towards lengthening and strengthening. Some steady flow sure to engage your Tapas (internal heat). All levels welcome. A great balanced start for the weekend!

Power Vinyasa Yoga-60 minutes. Warm up involves breath to movement sequences. Upbeat music, empowering postures with occasional use of weights to get your heart rate up. Open to all levels.

Yoga Sculpt- 60 minutes. A total body workout set to invigorating music and designed to strengthen, tone and sculpt all major muscle groups. Free weights are added to create resistance and intensify yoga poses. Strength training exercises such as squats, lunges and arm curls are incorporated to build lean muscle mass. This class is complimentary to regular Yoga practice and will boost your metabolism, strength and flexibility.

Circuit Training- 45 minutes. High volume (repetitions), low resistance (weight) with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

