

JUNE 2017



ROLLING HILLS CLUB

Class Schedule

effective: June 16-30, 2017

| | FITNESS | YOGA | CYCLING | CORE CONCEPT STUDIO* (\$) |
|------------------|--|--|---|---|
| MONDAY | 5:30am Bootcamp Michelle F 9:30am Zumba Jillian 10:30am Zumba Gold O Heather O 12:30pm Pilates Mat Susie 6:00pm F.I.T. Heather H | 8:15am Hatha Yoga Sarah 11:30am Beginning Yoga O Emily 7:05pm Gentle Yoga O Emily | 8:30am Cycle Tori 4:30pm Cycle Tori | 8:45am Int/Adv Reformer Cardio Megan B 10:00am Int Pilates Apparatus Megan |
| TUESDAY | 8:30am P90X Elise 9:30am F.I.T TOO Katie D 10:45am Muscle Madness O Barb 11:00am QuickFit O (FC) Marisha 11:45am Moving to Music O Barb 4:30pm Strength & Balance et Tori 7:15pm Miguels Mash-Up | 1:00pm Yoga Gold O Emily 6:00pm Core Fusion Melissa | 5:45am Cycle Jessica R 9:00am Cycle Meghan K 5:30pm Cycle Michelle F | 8:45am Int/Adv Reformer Cardio Sculpt Megan B 10:00am Int Pilates Reformer Megan B 4:00pm Int/Adv Reformer Cardio Sculpt Megan B |
| WEDNESDAY | 5:30am Bootcamp Heather H 8:30am Zumba Jessica T 9:15am Boot Camp Heather H 9:30am Pilates Mat w/Props Elizabeth 11:45am Move to Music O Jillian / Tori 5:15pm Strength & Balance O Barb (45min) 6:00pm Full Body Plus Michelle | 10:30am Slow Flow Janet C 7:00pm Mindful Yoga Tim | 9:00am Cycle Laree 4:30pm Cycle Tori | 10:45am All Levels Pilates Apparatus Elizabeth 5:30pm All Levels Pilates Apparatus Elizabeth 6:30pm All Levels Pilates Apparatus Elizabeth |
| THURSDAY | 8:30am LeBarre Debbie G 9:30am F.I.T. Jillian 11:00am QuickFit O (FC) Marisha 11:45am Moving to Music O Jillian 6:00pm Pop-Up | 10:30am Integrative Yoga Jessica Moller 1:00pm Yoga Gold O Beth H 4:45pm Vinyasa Flow O Beth K (75 min) | 5:45am Cycle Heather H 9:00am Cycle Heather H | 8:45am Int/Adv Reformer Cardio Sculpt Megan B 10:00am Beg/Int Pilates Reformer Megan B 4:00pm Int/Adv Reformer Cardio Sculpt Megan B |
| FRIDAY | 5:30am Bootcamp Heather H 8:30am R.I.P.P.E.D. Heather H 10:30am Pilates Mat/Core O Megan B 11:30am Lo-Impact, Muscle & Stretch O Heather O | 9:30am Hatha Yoga Emily (Intermediate/advance) | 8:30am Cycle Tori 9:30am Cycle Katie D 5:30pm Happy Hour Cycle Bi-Monthly Debbie | 11:00am TRX-JUST FOR WOMEN Katie D / Meet outside the FC (30min) |
| SAT | 8:30am PiYo Elise M 9:30am Power Strength Heather H 10:00am Cardio Dance Heather H | 10:30am Mixed Level Flow Beth H (75min) | 8:30am Cycle Heather H (45 min) | 8:00am Int Pilates Reformer Megan B 9:00am Int/Adv Reformer Cardio Sculpt Megan B |
| SUN | 9:00am Miguel's Mash-Up Miguel DNCE 1x Monthly Debbie G | 10:30am Mixed Level Flow Beth K (75min) | 8:30am Cycle Michelle/ | |

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| CLUB HOURS Weekdays 5:30am-10:00pm Weekends 7:00am-8:00pm Holidays 7:00am-3:00pm |
| POOL HOURS Weekdays 5:30am-9:30pm Weekends 7:00am-7:30pm |
| KIDS CLUB HOURS Weekdays 8:30am-1:00pm, 3:30-7:00pm Weekends 8:30am-1:00pm |

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| CLASS KEY ALL CLASSES ARE ONE HOUR EXCEPT WHERE NOTED. ALL CYCLING CLASSES ARE 45 MINUTES UNLESS NOTED. ● NEW class, time, or instructor. ○ Class appropriate for all levels, especially seniors et Class for SUNFLOWER WELLNESS participants * Advanced sign up recommended. (\$) This is a fee based class or program. |
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| STUDIO KEY FITNESS STUDIO : FITNESS & YOGA CYCLING STUDIO : CYCLING FITNESS CENTER (FC) : see indicated |
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ROLLING HILLS CLUB
351 San Andreas Drive, Novato, CA
415.897.2185 rollinghillsclub.com

CLASS DESCRIPTIONS

Group Exercise Director: **Debbie Gleeson**, debbie@rollinghillsclub.com

FITNESS CLASSES

BOOTCAMP

Energetic mix of cardio, resistance and core including jump rope and outdoor hill warm-up. This class is an extreme wake-up call!

BARRE STRENGTH

Fusing elements of ballet, pilates, and yoga, Barre Strength will develop long, lean, and strong bodies using your body weight, balance, a resistance band, and a ball. Adjustments made to accommodate any current injury. You will leave with a sweat and feeling of being stronger, longer, and more toned all over!

CARDIO DANCE

25 min. workout based on simple dance steps built into fun and easy to follow routines. Can be combined with Power Strength for max results.

CYCLE

Endurance training that challenges you regardless of fitness level. Each class simulates an outdoor ride, whether traveling flat roads, climbing hills, sprinting and racing! The benefits are amazing – weight loss, cardio conditioning, and improving leg strength!

DNCE FITNESS

This non-stop cutting edge fitness is based on the way the brain processes movement, merging multiple styles of dance into a fun easy to follow calorie obliterating class.

FITNESS INTERVAL TRAINING (F.I.T.)

Total body workout, burn maximum calories, build muscle, core strength & endurance, utilizing multiple equipment. Fast paced, fun, with energetic music

FULL BODY PLUS

This class will work your entire body and is for all levels. Includes cardio, weights & core will all the different equipment choices. Never same class twice.

LEBARRE™

LeBarre is the hottest trend in dance-inspired conditioning and ballet barre training. LeBarre creates a format suitable for every fitness level, combining balance, agility, resistance, recovery & eloquence into a challenging full body workout. LIMITED CLASS SIZE. \$5 Late Cancel / No Show

LO-IMPACT, MUSCLE & STRETCH

All ages. 35-40 min. cardio with fun, easy to follow movements, followed by muscle endurance work with hand-held weights. Special attention paid 2 balance.

MIGUELS MASH-UP

Action-packed hour of dancing and total body toning with all kinds of music & rhythms!

MOVE TO MUSIC

Chair exercises for seniors, injury recovery & for those who suffer chronic pain. Makes spine supple, reduces stiffness & pain, strengthens core, improves balance & coordination. Energizes and relaxes you.

MUSCLE MADNESS

Muscle conditioning for all major muscle groups utilizing steps, sprin-tubing, body bars, free weights, power moves; abdominal/back exercises.

PILATES MAT WITH PROPS

Mat exercise that focuses on strengthening the torso, the deep abdominal muscles, while lengthening leg muscles, strengthening hips, thighs, glutes. Includes stretching and mind-body awareness techniques. This class includes use of props, including balls, rollers, rings, and straps.

PIYo

PiYo introduces you to dynamic, flowing sequences that can burn serious calories as they lengthen and tone your muscles and increase flexibility!

POP-UP

Check Gr Ex Schedule online or on the Gr Ex bulletin board. Different instructors and formats. FUN!

POWER STRENGTH

25 minutes of non-stop workout with weights as well as your own body weight to strengthen and tone.

QUICK FIT

Beginner & inter-mediate levels. Taught as a group, tailored to individual needs and abilities. Age 55+.

R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics, Endurance & Diet.

Lose pounds and inches, increase metabolism, sculpt muscles, improve cardio, feel energized.

STRENGTH & BALANCE

This class offers full-body workout, but going slightly easier on the joints. Stretching is included.

ZUMBA®

Latin rhythms and easy-to-follow moves. Zumba achieves long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life.

ZUMBA GOLD®

For active, older adults; addresses the anatomical, physiological, and psychological needs specific to this population; includes muscle toning and flexibility

YOGA CLASSES

BEGINNING YOGA

Ideal for those new to Yoga and/or those interested in perfecting the basics of posture and breathing.

CORE FUSION

Build a strong core, improve your posture, deepen your internal awareness. Incorporates the internal heat of Vinyasa with basic Pilates moves to enhance concentration & connection to your center. Emphasis on proper alignment. Modifications can be made

GENTLE YOGA

Practiced with candlelight and Tibetan bowls, opens body, heart, and spirit in ways therapeutic and empowering to the whole being.

HATHA YOGA

Detail alignment instruction uniting mind, body, heart, spirit. Modifications made for different needs,abilities.

Intermediate/Advanced gives students an opportunity to work deeply, exploring finer points of Asana techniques, includes inversions, backbends, arm balances. Modifications offered. Have 1 year experience and no major injuries.

INTEGRATIVE YOGA

This class concentrates on physical health and mental well-being using bodily postures (asanas), breathing techniques (pranayama), and Meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind..

MINDFUL YOGA

Emphasis on how to use the breath to relax in poses and to keep internal focus on muscles. The last ten minutes of class will be a guided meditation.

SLOW FLOW

This is an alignment based, core strengthening, slow flow class for mixed levels.

VINYASA FLOW

This is vigorous flow-style ywhich emphasizes full breathing & relaxation poses. Modifications made.

YOGA GOLD

Very gentle class focusing on protecting the vulnerable joints (knees, wrists, shoulders). Thursday class uses a chair as prop, making it accessible for those who have difficulty getting up & down from floor. We build core strength, lengthen muscles to bring greater mobility & range of movement, working slow, precise ways around slight or moderate injuries. Modification & /advanced variations offered.

CORE CONCEPT STUDIO

PILATES GROUP CLASSES

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|--------------|---|
| SINGLE CLASS | \$35 per class |
| 5-PACK | \$150 (\$30 per class) |
| 10-PACK | \$250 (\$25 per class) |
| 30-MINUTE | Complimentary Intro required for all new Pilates Students. |

BEGINNER PILATES REFORMER

Level 1 class, good for beginners, those coming back from injury. Class engages and strengthens core: abs, spinal muscles, glutes, lats, hip flexors creating long, lean muscles in arms and legs.

INTERMEDIATE PILATES REFORMER

This class is designed to develop a strong, tight core, improve flexibility and strength, and reduce aches and pains. The intermediate class engages and strengthens your core: abs, spinal muscles, glutes, lats, and hip flexors creating long, lean muscles in your arms and legs.
1-3 Private Sessions or Instructor Approved.

PILATES

This is a comprehensive, alignment-based workout utilizing all apparatus equipment. Classes target deep structural core muscles and all major muscle groups while helping to facilitate better overall movement patterns.

REFORMER CARDIO SCULPT

Class uses jump board for interval cardio training bringing a sports functional edge to classical Pilates technique. This engages your core while sculpting your abs, lats, shoulders & legs. If you are an experienced Pilates client, this class is for you!

TRX – JUST FOR WOMEN

Receive directions to get strong and lean in a small group without the cost of private personal training. Designed for all fitness levels, provides the perfect punch of strength training while using TRX, free weights and body weight exercises. **\$99/4 sessions**

PRIVATE INSTRUCTION

PRIVATE INSTRUCTION also available in Pilates and Personal Training. Please see Guest Services for more information.

PILATES PRIVATES / DUETS / TRIOS

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|--------------------------------|-------------------------------|
| PRIVATE | \$85 |
| INTRO 3-PACK (SAVE 25%) | \$191 |
| PRIVATE 5-PACK | \$400 (\$80 / visit) |
| PRIVATE 10-PACK | \$750 (\$75 / visit) |
| DUET / TRIO | \$60 |
| DUET / TRIO 5-PACK | \$275 (\$55 / visit) |
| DUET / TRIO 10-PACK | \$500 (\$50 / visit) |

NEW CLIENTS SAVE 10% OFF

1ST 5 OR 10 PACK!

(\$) Prices are per person.