

FEBRUARY 2018!



ROLLING HILLS CLUB

# Class Schedule

effective: February 1, 2018

	FITNESS	YOGA / PILATES MAT	CADENCE CYCLE	CORE CONCEPT STUDIO* (\$)
<b>MONDAY</b>	5:30am <b>Bootcamp</b> <i>Juliet M</i> 9:15am <b>ChiZel Camp</b> <i>Debbie (outside)</i> 9:30am <b>Zumba</b> <i>Jillian</i> 10:30am <b>Piloxing Express</b> <i>Stephanie</i> 11:30am <b>Zumba Gold</b> ○ <i>Heather O</i> 6:00pm <b>R.I.P.P.E.D.</b> <i>Heather H</i>	8:15am <b>Hatha Yoga</b> <i>Sarah</i>  12:30am <b>Beginning Yoga</b> ○ <i>Cara (as of 2/12)</i> 7:05pm <b>Gentle Yoga</b> ○ <i>Tim</i>	8:30am <b>Cycle</b> <i>Tori</i>  4:30pm <b>Cycle</b> <i>Tori</i>	9:00am <b>Int/Adv Reformer Cardio</b> <i>Megan B</i> 10:00am <b>Int Pilates Apparatus</b> <i>Megan</i>
<b>TUESDAY</b>	8:30am <b>Step Interval</b> <i>Jillian</i> 9:30am <b>Tabata GX</b> <i>Katie D</i> 10:30am <b>Muscle Madness</b> ○ <i>Barb</i> 11:45am <b>Moving to Music</b> ○ <i>Heather / Barb</i> 3:30pm <b>Strength &amp; Balance</b> <i>er</i> <i>Tori</i> 6:30pm <b>Boxing Conditioning</b> <i>Michelle</i>	1:00pm <b>Yoga Gold</b> ○ <i>Emily Kat (as of 2/13)</i> 5:30pm <b>Vinyasa Flow</b> <i>Melissa</i>	5:45am <b>Cycle</b> <i>Jessica R</i> 9:15am <b>Cycle</b> <i>Meghan K</i>  5:30pm <b>Cycle</b> <i>Marlena</i>	9:00am <b>Int/Adv Reformer Cardio Sculpt</b> <i>Megan B</i> 10:00am <b>Int Pilates Reformer</b> <i>Megan B</i> 4:00pm <b>Int/Adv Reformer Cardio Sculpt</b> <i>Megan B</i>
<b>WEDNESDAY</b>	5:30am <b>Bootcamp</b> <i>Heather H</i> 8:30am <b>Zumba</b> <i>Jessica T</i> 9:15am <b>Boot Camp</b> <i>Heather H</i> 11:45am <b>Move to Music</b> ○ <i>Jillian / Tori</i> 5:15pm <b>Muscle Madness</b> ○ <i>Barb (45min)</i> 6:00pm <b>Pop UP!</b>	9:30am <b>Pilates Essentials</b> <i>Elizabeth</i> 10:30am <b>Yoga Flow</b> <i>Emily Claudia (as of 2/14)</i>	7:00am <b>Cycle</b> <i>Laree</i> 9:15am <b>Cycle Strength</b> <i>Debbie</i>  5:30pm <b>Cycle</b> <i>Tori</i>	10:45am <b>All Levels Pilates Apparatus</b> <i>Elizabeth</i>  5:00pm <b>All Levels Pilates Apparatus</b> <i>Elizabeth</i>
<b>THURSDAY</b>	8:30am <b>F.I.T.</b> <i>Jillian</i> 9:30am <b>Piloxing</b> <i>Stephanie</i> 11:45am <b>Moving to Music</b> ○ <i>Jillian</i> 6:00pm <b>P90X</b> <i>Elise</i>	10:30am <b>Integrative Yoga</b> <i>Jessica Moller</i> 1:00pm <b>Yoga Gold</b> ○ <i>Beth H</i> 4:45pm <b>Vinyasa Flow</b> ○ <i>Beth H (75 min)</i>	5:45am <b>Cycle</b> <i>Katie S</i> 9:15am <b>Cycle</b> <i>Heather H</i>	9:00am <b>Int/Adv Reformer Cardio Sculpt</b> <i>Megan B</i> 10:00am <b>Beg/Int Pilates Reformer</b> <i>Megan B</i> 4:00pm <b>Int/Adv Reformer Cardio Sculpt</b> <i>Megan B</i>
<b>FRIDAY</b>	5:30am <b>Bootcamp</b> <i>Heather H</i> 8:30am <b>R.I.P.P.E.D.</b> <i>Heather H</i> 10:30am <b>TRX-JUST FOR WOMEN</b> \$ <i>(45min) Katie D / Meet outside the FC</i> 11:30am <b>LeBarre Express</b> <i>Debbie</i> 12:00pm <b>Lo-Impact, Muscle &amp; Stretch</b> ○ <i>Heather O</i>	9:30am <b>Inter/Adv Hatha Yoga</b> <i>Emily Helaine (as of 2/16)</i> 10:30am <b>Pilates Mat/Core</b> ○ <i>Megan B</i>	8:15am <b>Cycle</b> <i>Tori</i> 9:15am <b>Cycle</b> <i>Katie D</i>  5:30pm <b>Happy Hour Cycle</b> <i>1x Monthly Debbie</i>	
<b>SAT</b>	8:30am <b>PiYo</b> <i>Elise M / LeBarre Deb</i> 9:30am <b>Power Strength</b> <i>Heather H</i> 10:00am <b>Cardio Dance</b> <i>Heather H</i>	10:30am <b>Mixed Level Flow</b> <i>Beth H (75min)</i>	8:30am <b>Cycle</b> <i>Heather H</i>	8:00am <b>Int Pilates Reformer</b> <i>Megan B</i> 9:00am <b>Int/Adv Reformer Cardio Sculpt</b> <i>Megan B</i>
<b>SUN</b>	9:00am <b>Zumba</b> <i>Colleen</i> <b>DFX Dance Effects</b> <i>1x Monthly Debbie G</i>	10:15am <b>Mixed Level Flow</b> <i>Beth K (75min)</i>	8:30am <b>Cycle</b> <i>Marlena</i>	

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

<b>CLASS KEY</b> 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
<i>er</i> Class for SUNFLOWER WELLNESS participants
* Advanced sign up recommended.
(\$) This is a <b>fee based</b> class or program.

<b>STUDIO KEY</b> 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](http://rollinghillsclub.com)

# CLASS DESCRIPTIONS

Group Exercise Director: **Debbie Gleeson, [debbie@rollinghillsclub.com](mailto: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!

### BOXING CONDITIONING

Designed for outdoor enthusiasts; will get you in shape for your next adventure. Focuses on form, intentional movement, flexibility, strength, overall power. ...a challenge for body & mind.

### 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.

### CADENCE CYCLE

Fun workout, all levels. Class consists of warm up, steady up tempo cadences, sprints, climbs, cool downs. Motivating music from all genres. Features fun themes, performance rides involving interval training, hills, sprints, and races!

### ChiZEL CAMP®

Offers military-inspired obstacle courses & circuits allowing participants to achieve personal fitness goals. Guidance of proper form safety techniques & fitness testing will propel you to your personal best!

### CYCLE STRENGTH

Perfect body workout. Ride to Rhythm 45 min, then core/upper body resistance using tubing and body weight resistance for complete 60 minute workout.

### DFX DANCE EFFECTS FITNESS

Non-stop cutting edge fitness based on the way the brain processes movement, merging multiple dance styles into a fun 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

### LEBARRE™ (LEBARRE EXPRESS)

LeBarre is the hottest trend in dance-inspired conditioning and ballet barre training creating a format suitable for every fitness level, combining balance, agility, resistance, recovery & eloquence into a challenging full body workout.

### 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.

### 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, spr-tubing, body bars, free weights, power moves; abdominal/back exercises.

### PILATES ESSENTIALS

Discover your pelvic floor and learn how better to engage your core, your powerhouse, to support your spine & facilitate improved posture & greater mobility.

### PILOXING®

Graceful moves, powerful punching burning up to 1200 calories per hour, improves cardio ability, strengthens & lengthens muscles, improves balance

**PILOXING EXPRESS** 45 minute class/same format

### 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.

### POUND®

Using Ripstix, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. You *become* the music in this full-body workout combining cardio, conditioning, strength training with yoga & pilates inspired movements. Easily modifiable. welcoming philosophy appeals to all ages & abilities.

### P90X®

Using science of muscle confusion maximizes fat burning muscles in different ways. Short training cycles challenge muscles with variety & intensity.

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

*Resistance, Intervals, Power, Plyometrics, Diet, Endurance*. Lose lbs & inches, increase metabolism, sculpt muscles, improve cardio, feel energized.

### STEP INTERVAL

Provides continuous aerobic activity using the step bench. Designed for beginners & experienced.

### STRENGTH & BALANCE

**Sunflower Participants Welcome.**

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

### TABATA GX®

Based on current high-intensity interval training research, this program transforms your body. Tabata GX Mantra: More is not better...better form is better!

### ZUMBA®

Latin rhythms and easy-to-follow moves, achieving long-term, experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements..

### 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.

### 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

Concentrates on physical health, mental well-being using bodily postures (asanas), breathing techniques (pranayama), Meditation (dyana) w/ goal of bringing about a sound, healthy body, 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 slow class for mixed levels.

### VINYASA FLOW

This is vigorous flow-style which 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.

## CORE CONCEPT STUDIO

### PILATES GROUP CLASSES

SINGLE CLASS	\$35 per class
5-PACK	\$150 ( \$30 per class )
10-PACK	\$250 ( \$25 per class )
30-MINUTE	<b>Complimentary Intro</b> 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.  
**\$40/4 sessions | \$15 drop in**

## PRIVATE INSTRUCTION

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

### PILATES PRIVATES / DUETS / TRIOS

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

### NEW CLIENTS SAVE 10% OFF

**1<sup>ST</sup> 5 OR 10 PACK!**

**(\$) Prices are per person.**