

OCTOBER 2017



ROLLING HILLS CLUB

Class Schedule

effective: October 11-31, 2017

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

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

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 er 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

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!

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!

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

OUTDOOR ADDICT

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.

PILATES MAT WITH PROPS

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

PILOXING®

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

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. Designed for all fitness levels, provides the perfect atmosphere for letting loose, getting energized, toning up, rockin' out! 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, 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.

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 flow 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. Modification & advanced variations offered.

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	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.

PILATES FOR MEN

This class is specifically designed for men to target neglected muscle groups, improve flexibility, and build core strength, as you retrain and re-strengthen your body for optimum efficiency and performance.

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

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.