

SEPTEMBER 2023

Class Schedule



ROLLING HILLS CLUB

Schedule subject to change / Check website for up-to-date schedule

effective: September 1, 2023

All classes are included in your membership unless there is a (\$) next to it.

RESERVATIONS REQUIRED / ALL CLASSES are 1 hour except where noted

	FITNESS	YOGA / PILATES	CADENCE CYCLE	AQUA
MONDAY	6:00am Boot Camp Heather / Juliet 8:30am Step Interval Jillian 9:30am Boot Camp Alex D 5:30pm TRX Strength + Cardio # Kristel	10:30am Hatha Yoga Kat 11:30am Pilates Mat Charlene 4:30pm Vinyasa Flow Yoga Melissa L	9:00am Cycle Tori CYCLE STUDIO 5:30pm Cycle Teal CYCLE STUDIO	9:00am AquaFit Deep O Jen LOWER POOL 1:00pm AquaFit Shallow O Shellie LOWER POOL
TUESDAY	8:00am Latin Fusion Dance Emily 9:00am Barre Alice 10:00am Muscle Madness O Barb 11:00am Moving to Music O Barb 2:00pm Sr.Strength Training (\$) Lee 5:30pm Metabolic Circuit Training Ody #	12:00pm Gentle Yoga O Beth K 4:30pm Pilates Fit, Flow + Sculpt Levels 2+3 Naya 6:30pm Breath Work + Meditation Ody 30 min	5:30am Cycle Kevin Mcs CYCLE STUDIO 8:45am Cycle Tori / Matt CYCLE STUDIO	1:00pm AquaFit Shallow O Karen L LOWER POOL
WEDNESDAY	6:00am Boot Camp Juliet 8:30am Lee's Boot Camp Lee 9:30am Total Body Boot Camp Ody # 11:30am Moving to Music O Jillian / Tori 4:00pm Upper Strength Express # Ody * 30 min 4:30pm Power Abs + Glutes # Ody * 30 min 5:30pm Muscle Madness O Barb	10:30am Yogalates Rose 12:30pm Tai Chi Chih Linda P	8:45am Spin, Strength, Stretch L.J. CYCLE STUDIO 5:30pm Cycle Erin CYCLE STUDIO	9:00am AquaFit Deep O Tori LOWER POOL 1:00pm AquaFit Shallow O Linda K LOWER POOL 6:00pm AquaFit Deep O Linda LOWER POOL
THURSDAY	8:30am Barre Express Alice (30 min) 9:00am Boot Camp Rachel 11:30am Moving to Music O Jillian 2:00pm Sr. Strength Training (\$) Lee 4:30pm Metabolic Circuit Training Ody #	10:00am Pilates Fit Flow Levels 2+3 Naya 45 min 10:45am Restorative Pilates Levels 1-2 Naya 45 min 12:30pm Gentle Yoga O Rebecca 5:30pm Power Yoga Sculpt Consuelo	5:30am Cycle Kevin CYCLE STUDIO 8:45am Cycle Laree CYCLE STUDIO	1:00pm AquaFit Deep O Tori LOWER POOL 6:30pm Aqua Yogilates O Consuela LOWER POOL
FRIDAY	6:00am Functional Fit Heather 9:30am HIIT + Hustle Kelly Morlock # 11:15am Zumba Gold O Jillian	8:30am Hatha Yoga Sarah Steen 10:30am Athletic Stretch + Roll L.J. * 45 min 12:15pm Pilates Mat O Karen L	8:45am Cycle Tori CYCLE STUDIO	9:00am AquaFit Deep O Susan LOWER POOL 1:00pm AquaFit Shallow O Shellie/Linda LOWER POOL
SATURDAY	8:30am Barre Alice 9:30am Power Hour Danny #	10:30am Power Flow Yoga Elena / Kristen	8:30am Cycle Laree CYCLE STUDIO	9:00am AquaFit Deep O Cari / Jen C LOWER POOL
SUNDAY	9:00am Zumba Belen / Jillian	10:30am Mixed Level Flow Yoga Beth K 75 min	8:30am Power Ride April CYCLE STUDIO	

CLASS KEY
 ALL CLASSES ARE ONE HOUR EXCEPT WHERE NOTED. *
 O Class appropriate for all levels, especially seniors
 Classes in **BLUE** are changes for the month
 # Circuit style classes

STUDIO CLASS KEY
CYCLE STUDIO: CYCLING
GROUP FITNESS STUDIO : FITNESS, YOGA + PILATES MAT

ROLLING HILLS CLUB
 351 San Andreas Drive, Novato, CA
 415.897.2185
www.rollinghillsclub.com

CLASS DESCRIPTIONS

Group Exercise Director: Alice Dow, aliced@rollinghillsclub.com

ATHLETIC STRETCH + ROLL (1, 2, 3)

30 minutes of stretching and foam rolling to alleviate tight and sore muscles, increase flexibility and boost blood flow to improve recovery and athletic performance.

AQUAFIT (1, 2)

Moderate to intense workout with cardio, core, endurance, and strength. Flotation devices provided.

Deep: deep water, intense level

Shallow: shallow water, moderate plus level

AQUA YOGILATES (1, 2, 3)

This is a non-impact, full body workout in deep water. Yoga poses and pilates exercises are included for a challenging core workout. This class has a low impact on your joints but a high impact on your cardiovascular system. and is aimed at gaining core strength, stability, flexibility, and mental control.

BARRE (2, 3)

The is a low-impact, high density workout using light weights and your own body weight.

BARRE EXPRESS (2, 3)

The is a high intensity, low impact Barre..

BOOTCAMP (1, 2, 3)

Energetic mix of cardio, resistance and core.

BREATHWORK + MEDITATION (1, 2, 3)

Holotropic breathwork and meditation will calm Your mind + body! Perfect way to end the day.

CYCLE (1, 2, 3)

Endurance training challenging you regardless of fitness level. Simulates outdoor rides on flat roads, climbing hills, sprinting + racing. Benefits: weight loss, cardio conditioning, and improved leg strength!

FUNCTIONAL FIT (1, 2, 3)

This is a full body workout with a mix of every day functional fitness moves along with high intensity interval training (HIIT). Prepping you for real-life movements such as bending, twisting, lifting, loading, pushing, pulling, and squatting mixed in with some high intensity interval training.....it's sure to be a "HIIT".

GENTLE YOGA (1, 2)

Gentle Yoga offers restorative poses and a variety of options.

.HATHA YOGA (1, 2, 3)

Detailed alignment instruction uniting mind, body, heart, spirit.

Intermediate/Advanced (2, 3)

Gives students an opportunity to work deeply, exploring finer points of Asana techniques, includes inversions, backbends, arm balances

HIIT + HUSTLE (2, 3)

Challenge your body with this cardio and muscle intensive class. Using free weights, body weight, kettlebells and building strength, endurance, and toning muscles.

LATIN FUSION DANCE (1, 2, 3)

Latin Fusion has fun dance moves with a Latin Twist to give you an amazing aerobic workout!

METABOLIC CIRCUIT TRAINING (1, 2, 3)

Combines interval and resistance training for a unique fitness experience to maximize overall results.

MOVING TO MUSIC (1)

Chair exercises for seniors, injury recovery & for those who suffer chronic pain. Strengthens core, improves balance & coordination.

MUSCLE MADNESS (1, 2)

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

PILATES FIT FLOW (2, 3)

This is a contemporary Pilates class offering a full body workout with an emphasis on core strengthening. Dynamic sequences will move you fluidly through a variety of planes and positions. Instruction will focus on controlled and precise movement.

PILATES MAT (1, 2, 3)

Based on classical Pilates principles of strengthening abdominal and back muscles safely and effectively, improving posture and flexibility and maintaining a healthy spine.

POWER FLOW YOGA (2, 3)

Offers a combination of dynamic movement, steady Ujjayi breathing, static strength, mindful alignment, stability, core endurance, and flexibility through core strengthening exercises, traditional yoga poses, balancing poses, and sun salutations.

POWER HOUR (1, 2, 3)

Total body workout that burns maximum calories, builds muscle, core strength & endurance utilizing multiple equipment..

POWER YOGA SCULPT (1, 2, 3)

A unique combination of power yoga, core training, and cardio. It's an upbeat and challenging class designed to strengthen your yoga practice, keep your heart healthy, and burn calories.

RESTORATIVE PILATES (1, 2, 3)

Strengthen and restore your entire body through slow classic Pilates movements.

SENIOR STRENGTH TRAINING (\$) (1, 2)

Take your strength to the next level with Leel! Increase your balance, stability, and stamina to rewind the aging process!

SPIN STRENGTH + STRETCH (1, 2, 3)

This is a 45 minute high intensity cycle class followed by 15 minutes of upper body work, back strengthening exercises, and hip opening stretches. This class is designed for all fitness levels. Bring a mat to class..

STEP INTERVAL (2, 3)

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

TAI CHI CHIH (1, 2)

DeStress with this mindfulness moving meditation. 19 moves and one pose are soft, flowing, and easy to learn. Creates peace of mind, improves circulation and increases JOY! Have fun, learn something new! TCC is a wonderful compliment to yoga and all other body centered practices..

TOTAL BODY BOOTCAMP (1, 2, 3)

This is a full-body circuit workout using weights, steps, TRX, bosu, and more .

TRX STRENGTH + CARDIO (1, 2, 3)

This class is designed to get your body moving and keep your body moving. Come and push yourself in a positive environment. Using mostly body weight and light weighted equipment from TRX to medicine balls, this fun workout is a great way to start the week.

VINYASA FLOW YOGA (2, 3)

This is a vigorous flow-style which emphasizes full breathing & relaxation poses. Modifications can be made.

YOGALATES (1, 2, 3)

A combination of Yoga and Pilates, primarily a mat-based class with a few balance poses, may use light weights.

ZUMBA® (2)

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

ZUMBA GOLD® (1, 2)

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

CLASS LEVELS

Level 1: Ideal for beginners, those returning after a break or participants managing an injury. Lots of options offered.

Level 2: Perfect for the regular to semi-regular exerciser. Options offered for different bodies.

Level 3: Great for athletic participants looking for an extra push.

CLUB HOURS

Weekdays 5:00am-9:00pm

Weekends 7:00am-8:00pm

Holidays Check Website

POOL HOURS

Weekdays 5:00am-8:45pm

Weekends 7:00am-7:45pm

KIDS CLUB HOURS

Weekdays 8:30am-1:00pm + 3:30pm-6:30pm

Weekends 8:30am-1:00pm

Holidays Check Website