

AUGUST 2017



ROLLING HILLS CLUB

# Class Schedule

effective: August 6-31, 2017

	FITNESS	YOGA	CADENCE CYCLE	CORE CONCEPT STUDIO* (\$)
<b>MONDAY</b>	5:30am <b>Bootcamp</b> Michelle F 9:30am <b>Zumba</b> Jillian 10:30am <b>Zumba Gold</b> O Heather O 12:30pm <b>Pilates Mat</b> Susie 6:00pm <b>F.I.T.</b> Heather H	8:15am <b>Hatha Yoga</b> Sarah 11:30am <b>Beginning Yoga</b> O Emily 7:05pm <b>Gentle Yoga</b> O Emily	8:30am <b>Cycle</b> Tori 4:30pm <b>Cycle</b> Tori	9:00am <b>Int/Adv Reformer Cardio</b> Megan B ( <b>BEGINS 8/14</b> ) 10:00am <b>Int Pilates Apparatus</b> Megan
<b>TUESDAY</b>	8:30am <b>P90X</b> Elise 9:30am <b>F.I.T TOO</b> Katie D 10:45am <b>Muscle Madness</b> O Barb 11:45am <b>Moving to Music</b> O Barb 4:30pm <b>Strength &amp; Balance</b> er Tori 7:00pm <b>TBA</b>	1:00pm <b>Yoga Gold</b> O Emily 6:00pm <b>Core Fusion</b> Melissa	5:45am <b>Cycle</b> Jessica R 9:15am <b>Cycle</b> Meghan K 5:30pm <b>Cycle</b> Michelle F	9:00am <b>Int/Adv Reformer Cardio Sculpt</b> Megan B ( <b>BEGINS 8/14</b> ) 10:00am <b>Int Pilates Reformer</b> Megan B 4:00pm <b>Int/Adv Reformer Cardio Sculpt</b> Megan B
<b>WEDNESDAY</b>	5:30am <b>Bootcamp</b> Heather H 8:30am <b>Zumba</b> Jessica T 9:15am <b>Boot Camp</b> Heather H 9:30am <b>Pilates Mat w/Props</b> Elizabeth 11:45am <b>Move to Music</b> O Jillian / Tori 5:15pm <b>Strength &amp; Balance</b> O Barb (45min) 6:00pm <b>Full Body Plus</b> Michelle	10:30am <b>Slow Flow</b> Janet C 7:00pm <b>Mindful Yoga</b> Tim	7:00am <b>Cycle</b> Laree 9:15am <b>Cycle</b> Debbie 5:30pm <b>Cycle</b> Tori	10:45am <b>All Levels Pilates Apparatus</b> Elizabeth 4:30pm <b>All Levels Pilates Apparatus</b> Elizabeth 5:30pm <b>All Levels Pilates Apparatus</b> Elizabeth 6:30pm <b>Pilates for Men</b> Elizabeth
<b>THURSDAY</b>	8:30am <b>LeBarre</b> Debbie G 9:30am <b>F.I.T.</b> Jillian 11:45am <b>Moving to Music</b> O Jillian 6:00pm <b>Pop-Up</b>	10:30am <b>Integrative Yoga</b> Jessica Moller 1:00pm <b>Yoga Gold</b> O Beth H 4:45pm <b>Vinyasa Flow</b> O Beth K (75 min)	5:45am <b>Cycle</b> Heather H 9:15am <b>Cycle</b> Heather H	9:00am <b>Int/Adv Reformer Cardio Sculpt</b> Megan B ( <b>BEGINS 8/14</b> ) 10:00am <b>Beg/Int Pilates Reformer</b> Megan B 4:00pm <b>Int/Adv Reformer Cardio Sculpt</b> Megan B
<b>FRIDAY</b>	5:30am <b>Bootcamp</b> Heather H 8:30am <b>R.I.P.P.E.D.</b> Heather H 10:30am <b>Pilates Mat/Core</b> O Megan B 11:30am <b>Lo-Impact, Muscle &amp; Stretch</b> O Heather O	9:30am <b>Hatha Yoga</b> Emily (Intermediate/advance)	8:15am <b>Cycle</b> Tori 9:15am <b>Cycle</b> Katie D 5:30pm <b>Happy Hour Cycle</b> Bi-Monthly Debbie	11:00am <b>TRX-JUST FOR WOMEN</b> Katie D / Meet outside the FC (30min)
<b>SAT</b>	8:30am <b>PiYo</b> Elise M / <b>Pound</b> Debbie 9:30am <b>Power Strength</b> Heather H 10:00am <b>Cardio Dance</b> Heather H	10:30am <b>Mixed Level Flow</b> Beth H (75min)	8:30am <b>Cycle</b> Heather H (45 min)	8:00am <b>Int Pilates Reformer</b> Megan B 9:00am <b>Int/Adv Reformer Cardio Sculpt</b> Megan B
<b>SUN</b>	9:00am <b>Zumba</b> Colleen <b>DNCE</b> 1x Monthly Debbie G	10:15am <b>Mixed Level Flow</b> Beth K (75min)	8:30am <b>Cycle</b> Marlana	

<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
er 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!

### 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.

### CANDECE CYCLE

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

### 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

### 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.

### 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.

### 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.

### POUND

Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this full-bosy workout combining cardio, conditioning, and strength training with yoga and pilates-inspired movements.

### POUND (continued)

Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

### 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

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.

### 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	<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.**