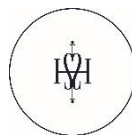


April 2019 Movement Studio Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am Gym Circuit 45m Sandy	6:45am Cardio Core 45m Mark	6:30am Gym Circuit 45m Sandy	6:30am Total Body 45m Janet	6:45am Total Body 45m Mark	8:00am S.T.R. Spin/TRX/Roll 45m Morgan	8:00am Total Body 45m Jeanette
7:15am BLT 30m Sandy	7:30am Tread & Shred 45m Lindsey	7:15am BLT 30m Sandy	8:30am Yoga 60m John	9:15am Outdoor Bootcamp 45m Linda	9:30am Yoga 75m Zlata	8:45am Core/Abs 45m Jeanette
8:30am Fitness Fusion 45m Sandy	8:30am Heated Pilates 50m Lindsey	8:30am Functional Conditioning 45m Tracie	9:30am HIIT 45m Tina	10:00am Mat Pilates 60m Kendall		9:30am Yoga 75m Eva
9:15am Gym Circuit 60m Sandy	9:30am HIIT 45m Tina	9:15am Outdoor Bootcamp 45m Linda	10:15am Cardio/Core 45m Tina			
6:00pm S.T.R. Spin/TRX/Roll 45m Morgan	10:15am Cardio/Core 45m Tina	10:00am Total Body 45m Linda	6:00pm S.T.R. Spin/TRX/Roll 45m Morgan			
		6:00pm Pilates 45m Jeanette				

Pilates Reformer / Personal Training Please contact Lifestyle & Fitness Manager, Sunita Goldstein at 650-561-1571 to schedule a private session.

**Classes are \$20 per class for Hotel Guest.
All levels are welcome in these adult only classes.**



CLASS DESCRIPTIONS

BLT exercises that focus on strengthening, toning and sculpting glutes, legs and thighs while burning calories.

Core/Abs Improve your posture and build core muscle through a variety of exercises designed to strengthen the abdomen, core and back muscles while increasing flexibility.

Cardio Core Cardio exercises for a total body workout with emphasis on strengthening the core and back.

Fitness Fusion is a blend of cardio and weight exercises mixed with active stretching.

Functional Training for strength, cardio, balance, core and more. This class uses a variety of props to enhance the workout.

Gym Circuit Train like an athlete and feel like one. Get stronger, faster, more precise and dynamic in your movement. Using a variety of equipment & machines ...treadmill, rowers, TRX, body bar, gliders and more.

Heated Pilates Core-Centric Mat Pilates in a heated studio designed to strength, lengthen, tone and tighten giving you a full body workout.

HIIT High Intensity Interval Training. Get ready for fast paced cardio workouts, intense core and strength training that raises the heart rate for a faster burn.

Outdoor Bootcamp A fun outdoor workout using a variety of equipment: battle ropes, punching bags, slam balls, ladder drills, and free weights for an overall total body workout.

Mat Pilates is designed to challenge the beginner and the practicing Pilates student. A full body-conditioning program comprised of a series of designed movements performed on a mat. Pilates improves strength, flexibility, balance, control and muscular symmetry.

Spin a vigorous workout to music on a bike. Bikes have monitors to keep track of your workout.

Total Body is a class of strength, core and conditioning with an emphasis on balance.

Tread & Shred Build cardiovascular strength, stamina and endurance with treadmill and elliptical interval training. Burn more, push to new levels and have fun!

TRX workout to increase total-body flexibility, promote mobility and stability and develop core strength. The class focuses on technique, flexibility, balance, and strength by developing basic foundational exercises through easy to follow progressions.

Yoga Focus on the classic poses, building on the basics with emphasis on alignment of the standing, sitting, and twisting poses. Achieve a deeper reflection in asana (poses) and refine your relationship to your body.

