





SCRIPPS RANCH SWIM & RACQUET CLUB

Scripps Ranch Swim and Racquet Club present:

# February Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05 am 55 min <b>Cardio-Interval Sculpt</b> L 1-3 w/ Shauna	6:05 am 25 min <b>Cross Fit-X Training</b> w/ Vickie L 1-3	6:05 am 55 min <b>Zen Spin</b> L 1-3 w/ Shauna	6:05 am 55 min <b>Cardio-Interval Sculpt</b> L 1-3 w/ Yoshi	6:05 am 55 min <b>F'Ab Cycling</b> L 1-3 w/ Jaime	7:00 am 45 min <b>SPIN</b> L 1-3 w/ Yoshi
7:30 am 45 min <b>Zumba</b> L 1-2 w/ Ruth	6:30 am 30 min <b>Vinyasa Yoga</b> L 1-2 w/ Vickie	7:30 am 55 min <b>Triad Cardio Step</b> w/ Kellie L 1-2	7:30 am 45 min <b>Zumba</b> L 1-2 w/ Ruth	7:00 am 45 min <b>SPIN</b> L 1-3 w/ Jamie	8:00 am 55 min <b>Cross Fit-X Training</b> L 1-3 w/ Vickie
8:30 am 45 min <b>SPIN</b> L 1-3 w/ Jamie	7:30 am 60 min <b>Triad Cardio Dance</b> w/ Roberta L 1-2	8:30 am 55 min <b>Mat Pilates</b> L 1-3 w/ Jaime	8:30 am 55 min <b>Pilates Fusion</b> L 1-2 w/ Vickie	9:30 am 55 min <b>Kickboxing &amp; More</b> w/ Heidi L3	9:00 am 55 min <b>Yoga</b> L 1-3 w/ Vickie
9:30 am 30 min <b>Fit-X MaxBURN</b> w/ Heidi L 2-3	8:30 am 55 min <b>Total Body Transformation</b> w/ Jamie	9:30 am 30 min <b>Turbo Kick</b> L 2-3 w/ Heidi	9:30 am 30 min <b>Turbo Charged Tabata</b> L 2-3 w/ Heidi	10:30 am 60 min <b>SPIN plus Abs</b> w/ Shauna L 1-3	10:30 am 60 min <b>SPIN</b> L 1-3 w/ Shauna
10:00 am 30 min <b>Mat Pilates</b> L 1-3 w/ Heidi	9:30 am 55 min <b>SPIN</b> L 1-3 w/ Yoshi	10:00 am 30 min <b>Long and Lean</b> L 2-3 w/ Heidi	10:00 am 60 min <b>YogaFit</b> L 1-3 w/ Heidi	<p><b>“When in doubt, work your heart out!”</b></p> 	
10:30 am 60 min <b>SPIN</b> L 1-3 w/ Judi	10:30 am 60 min <b>Tabata Circuit Challenge</b> w/ Shauna	10:30 am 60 min <b>SPIN w/ Abs</b> L 1-3 w/ Shauna			

Evening Classes					Sunday
4:15 pm 45 min <b>SPIN</b> L 1-3 w/ Jamie	5:15 pm 45 min <b>Zumba</b> L 1-3 w/ Heidi	4:00 pm 50 min <b>Ultimate Conditioning</b> L 2-3 w/ Jamie	4:15 pm 45 min <b>SPIN</b> L 1-3 w/ Jamie	<p><b>Please see Holiday Fitness Schedule for classes held on President's Day Monday, Feb. 17th</b></p> 	7:00 am 55 min <b>SPIN</b> L 1-3 w/ Jamie
5:15 pm 45 min <b>Fit-X MaxBURN</b> w/ Jaime L 2-3	6:10 pm 55 min <b>Mat Pilates</b> L 1-3 w/ Heidi	5:00 pm 60 min <b>SPIN</b> L 1-3 w/ Jamie	5:15pm 45 min <b>Cardio-Interval Sculpt</b> L 2-3 w/ Jaime		8:00 am 55 min <b>Boot Camp</b> L 2-3 w/ Jaime
6:10 pm 55 min <b>Yoga</b> L 1-2 w/ Judi	7:15 pm 55 min <b>SPIN</b> L 1-3 w/ Kathi	6:10 pm 55 min <b>YogaFit</b> L 1-3 w/ Heidi	6:10 pm 55 min <b>Yoga</b> L 1-3 w/ Judi		9:15 am 60 min <b>Mat Pilates</b> L 1-3 w/ Shauna
<p><b>Transformation Challenge: Reduce Body Fat</b> See flyer for details. Sign up by 02/10.</p>			7:15 pm 55 min <b>SPIN</b> L 1-3 w/ Kathi		10:30 am 60 min <b>SPIN</b> L 1-3 w/ Elizabeth

- **Classes are FREE to SRSRC Members.**
- **Spin Bikes MUST be reserved.** Spin classes are limited to 15 members. Call 858-271-6222 the day prior to class to reserve your bike. Only one reservation per call.
- Towel and water bottle are recommended for all classes.

**Fit-X San Diego: Your Authorized Fitness Provider!**



Heidi@fitxsandiego.com  
858-715-8611  
#SRSRCfitx

Look for Fit-X Fitness Here:



Find your fitness schedule online at [Fitxsandiego.com/SRSRC](http://Fitxsandiego.com/SRSRC)

# Scripps Ranch Swim and Racquet Club presents: Class Descriptions

<b>Class Levels</b>	<i>Classes with more than one class level indicates it is appropriate for those combined class levels.</i>
<b>Level 1 (L1)</b>	All fitness levels welcome including beginners who have not been exercising or are new to this format and who have no serious pre-existing physical/medical conditions.
<b>Level 2 (L2)</b>	Appropriate for intermediate to advanced exercisers who have been active 2-4 days per week on a regular basis and who have no serious pre-existing physical/medical conditions.
<b>Level 3 (L3)</b>	Appropriate for advanced exercisers who have been 3 or more days per week on a regular basis and who have no serious pre-existing physical/medical conditions.
<b>Aqua</b>	Please review the Aqua flyer for format descriptions
<b>Bootcamp</b>	A balance of cardio, resistance training and functional flexibility with high intensity sport drills including plyometrics and many work out surprises
<b>Cardio Interval Sculpt</b>	Bursts of high intensity drills with strength training.
<b>Cross Fit-X Training</b>	Far reaching results and improved performance with contently varied high intensity functional movements.
<b>FIT-X MaxBURN</b>	High intensity circuits that challenge your endurance and strength.
<b>Kickboxing &amp; More</b>	A blend of Turbo Kick, Tabata Intervals, Medicine Ball training and core training. Guaranteed to make you sweat and smile! You wont want to miss this work out.
<b>Long and Lean</b>	A fusion class that will strengthen and lengthen the body. This blends ballet, Yoga and Pilates to burn calories and get strong in 30 minutes.
<b>Pilates</b>	Intermediate to advanced class. Fast paced with upbeat music. A great challenge for your core.  * <b>Mat Pilates</b> - Designed to streamline the body while increasing flexibility, balance and strength  * <b>Pilates Fusion</b> - A Series of movements performed on a mat that increase flexibility and agility, improve posture, balance and coordination, build strength without excess bulk, develop optimal core control, and enhance the mind-body connection.
<b>Spin</b>	For all spin based formats, please review Spin flyer for format descriptions
<b>Tabata Circuit</b>	A combination of weight training and cardio circuits done in Tabata style intervals.
<b>Total Body Transformation</b>	A non impact strength session that feels like one on one with a personal trainer.
<b>Triad Cardio Step</b>	Step workout with traditional segmented strength training.
<b>Triad Cardio Dance</b>	Dance to the high energy sounds of Latin, pop and international music with segmented resistance training and yoga stretch.
<b>Turbo Charged Tabata</b>	These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning
Turbo kick	
<b>Ultimate Conditioning</b>	A mix of strength and high intensity interval training circuits using battling ropes, trx, kettlebells and so much more.
<b>Yoga</b>	Exercise-based Hatha approach to yoga.
<b>Yogafit</b>	Based on hatha yoga, it blends balance, strength, flexibility and power
<b>Zumba -</b>	Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.