

January 2012

Class Schedule

effective: Monday, January 2, 2012

	FITNESS STUDIO	YOGA ✦	CYCLING STUDIO	CORE CONCEPT STUDIO (\$)
MONDAY	5:30am Bootcamp Heather H 9:30am Zumba Jillian 10:30am Zumba Gold* Heather O 5:30pm BOSU/Cardio Amy S (30min) 6:00pm F.I.T. Heather H	8:15am Anusara Janna 11:30am Beginning Yoga* Rhonda 7:05pm Anusara* Beth K	8:30am Cycle Amy S 4:30pm Cycle Amy S	8:45am Chisel Debbie G 9:45am Intro to Apparatus Debbie A 12:00pm Stay Fit Easton 6:00pm Fascia in Motion Elizabeth
TUESDAY	8:30am F.I.T. Jillian 10:00am QuickFit* (FC) Easton 10:45am Muscle Madness* Barb 11:45am Lo-Impact, Muscle & Stretch* Barb 5:30pm Seika Ryu Martial Arts (\$) 6:30pm Core Fusion Melissa	9:30am Vinyasa Flow Beth H (70min) 1:00pm Yoga Stretch* Greg (75min)	5:45am Cycle Amy S 9:00am Cycle Debbie G 5:30pm Cycle Amy H	8:00am Intro to Apparatus Gretchen 9:00am Metabolic Blast Debbie Q (90min) 6:00pm MATCHPOINT Jerry
WEDNESDAY	5:30am Bootcamp Heather H 8:30am M.I.X. Amy S 9:30am Pilates Mat Amy W 5:30pm Muscle Madness* Barb (45min) 6:15pm Zumba Jillian (45min)	10:30am Slow Flow* Amy W	9:00am Cycle Debbie G 4:30pm Cycle Tori	9:45am Intermediate Apparatus Debbie A 6:00pm Fascia in Motion Elizabeth
THURSDAY	8:15am BOSU Core Amy S (30min) 8:45am Flirty Girl Fitness Debbie G 9:45am F.I.T. Jillian 10:00am QuickFit* (FC) Easton 12:15pm Core & More* Beverly 5:30pm Seika Ryu Martial Arts (\$)	10:45am Anusara Inspired Flow Janna (90min) 4:15pm Vinyasa Flow* Beth K (75 min)	5:45am Cycle Amy S 9:00am Cycle Amy S 5:30pm All Terrain Debbie A	9:00am Intro to Apparatus Marsha (Starting 1/12) 10:00am Intermediate Apparatus Marsha (Starting 1/12)
FRIDAY	5:30am Bootcamp Heather H 8:30am Sport Fit Amy S 10:30am Pilates Mat/Core* Amy S (45min) 11:30am Lo-Impact, Muscle & Stretch* Heather O	9:30am Anusara Janna 5:30pm Yoga Tim (75min)	9:30am Cycle Amy S	5:30am Moving Well: Dawn Patrol Elizabeth 8:45am Intro to Apparatus Gretchen 9:45am Intro to Apparatus Debbie A 12:00pm Stay Fit Easton
SAT.	8:00am Cardio/Cardio Amy S 9:00am Zumba Toning Jillian	10:00am Hatha* Beth H (75min)	8:30am Cycle Heather H	8:00am Fascia in Motion Elizabeth 9:30am Metabolic Blast Debbie A (90min)
SUN.	9:00am F.I.T. Juliet	10:15am Vinyasa Flow* Beth K (75min)	8:00am Cycle Juliet	9:00am Fascia in Motion Elizabeth

CLASS KEY

ALL CLASSES ARE ONE HOUR EXCEPT WHERE NOTED.
ALL CYCLING CLASSES ARE 45 MINUTES

- | This is a **NEW** class, time, or instructor.
- * Classes appropriate for all levels, especially seniors
- (\$) This is a **fee based** class or program.
- FC This class is held in the Fitness Center.
- ✦ **YOGA** Classes held in the Fitness Studio.

CLUB HOURS

Weekdays 5:30am-10:00pm
Weekends 7:00am-8:00pm

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



ROLLING HILLS CLUB

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www.rollinghillsclub.com

CLASS DESCRIPTIONS

Fitness Director: Jillian Shay jillian@rollinghillsclub.com

ALL TERRAIN CYCLING

Heart-pumping workout puts focus on perceived exertion by incorporating strength, endurance, intervals & race day. Suitable for advanced & aspiring riders. Mountain & street biking in one class.

BOOTCAMP

Energetic mix of cardio, resistance and core including jump rope and outdoor hill warm-up. This class is an extreme wake-up call!

BOSU: CARDIO INTERVAL BLITZ

High intensity cardio intervals using the BOSU. A step may be used for modification.

BOSU CORE

Core strengthening using the BOSU and Physio ball.

CARDIO/CARDIO

30min. of BOSU cardio, 30min. Hi/Lo. No floor work. A step may be substituted.

CORE & MORE

Chair exercises for seniors, injury recovery & for those who suffer chronic pain. Makes spine supple, reduces stiffness & pain, strengthens core, improves balance & coordination. Leaves you energized and relaxed

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 .

CYCLE

Endurance training that challenges you regardless of fitness level. Each class simulates an outdoor ride, whether traveling flat roads, climbing hills, sprinting and racing! The benefits are amazing – weight loss, cardio conditioning, and improving leg strength!

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

FLIRTY GIRL FITNESS®

A fun, effective way to condition the entire body inside and out. This program works the entire body targeting specific muscle groups, while maintaining super fun, non-stop cardio dance moves.

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 to balance.

MAXIMUM INTENSITY TRAINING (M.I.X.)

A combination of cardio drills and resistance exercises designed to burn fat and increase strength, each week targeting a different area. This class is designed to be challenging, but modifications are offered for less-advanced students.

MUSCLE MADNESS

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

PILATES MAT

Mat exercise that focuses on strengthening the torso, the deep abdominal muscles, while lengthening leg muscles, strengthening hips, thighs, buttocks Includes stretching and mind-body awareness techniques.

SEIKA RYU MARTIAL ARTS

Beginner & advanced level classes that teach the basic art & skills of Kempo Jiu Jitsu "Sacred Fire of the Shadow Dragon". Encourages & increases coordination, self-control, self confidence. Ages 10+, \$69/member. \$89/guests. www.seikaryu.com

SPORT FIT

Fast-moving, non-choreographed cross-training class with weight training and cardio components together into one. Multiple props used

QUICK FIT

A workout for beginner & inter-mediate ability levels. Taught as a group but tailored to individual needs & abilities. Ages 55+.

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

ZUMBA TONING™

Using weighted, maraca-like toning sticks to enhance rhythm, build strength and tone all the target zones.

YOGA CLASSES

ANUSARA

Align with nature! Open the body, heart, spirit in ways therapeutic and empowering to the whole being.

ANUSARA INSPIRED FLOW

Linking movement & breath, connects mind, body, & heart w/flowing grace. Detailed alignment instruction & deep expressions of postures offered. Should have 6 months of consistent yoga experience for this class.

BEGINNING YOGA

Ideal for those new to Yoga and/or those interested in perfecting the basics of posture & breathing.

HATHA

An alignment based, core strengthening, slow flow class for all levels.

SLOW FLOW

Postures from sun salutations to savasana at a slow graceful pace, breath & presence being the main focus. Build strength, flexibility & knowledge of the postures, principles & benefits of yoga. All levels

VINYASA FLOW.

A series of postures linked together utilizing the breath. These classes use movement, meditation, and breath to create a continuous flow of postures.

YOGA STRETCH

All students can learn and feel comfortable here.

CORE CONCEPT STUDIO CLASSES

PILATES CLASSES

Single Class	\$35 per class
5-Pack	\$150 (\$30 per class)
10-Pack	\$250 (\$25 per class)

FASCIA IN MOTION Intro to come.

INTRO TO APPARATUS

An integrated workout limited to 3 people designed to strengthen, lengthen, and rebalance. You will be introduced to all pieces in the CCS such as the Allegro Reformer, Tower, Chair, Core Align, Orbit, Arc, Ring, Roller, TRX, and more.

INTERMEDIATE APPARATUS

All apparatus are included in this intermediate level workout designed to take your Pilates practice to the next level.

MOVING WELL – DAWN PATROL

Develop and integrate your deep core with your entire myofascial system for physical comfort, coordination, posture, balance, and increased self-confidence. One early morning hour sets you in motion for the whole day!

SMALL GROUP TRAINING CLASSES

CHISEL

Chisel is a unique training program that will deliver measurable performance improvement through an exciting form of exercise called "Tabata". Tabata is 20 seconds of high intensity training followed with a 10 second break. The 20/10 method was tested on Olympic Speed skaters in 1996 and this system resulted in better strength endurance and cardio endurance compared to athletes with traditional workouts. Combine Tabata with an awesome core, balance and strength training workout and you've got Chisel! **FEE: \$20 per class** (6-week session)

MATCHPOINT

Each week, learn and build your tennis specific performance skills; including concentration, flexibility, agility, core strength, and cardio endurance. Taught by renowned coach and long time member, Jerry Colletto. *Limited to 10 participants.*

FEE: \$100 (4-week session) – Tennis Members
\$125(4-week session) - Fitness Members or Guests

METABOLIC BLAST

This is a 90 minute total body, high energy, cardiovascular circuit training class designed to promote fat loss, increased cardiovascular efficiency and increases strength and endurance. Circuit training stations include indoor cycling, hill climbs, step training, TRX, Pilates apparatus, sports drills, Bosu, CoreAlign, and more. Please dress in layers as the club grounds will be utilized. You will achieve undeniable superior results in a minimal amount of time. *All participants will receive a 30 minute assessment to make sure the program will be a good fit for you.* **FEE: \$20 per class** (4-week session)

STAY FIT

Combination individual and small group training for beginner and intermediate ability levels. Open to anyone ages 55 and older.
FEE: \$20 per class or \$100 for 6-classes

PLEASE SIGN UP WITH GUEST SERVICES >