

MARCH 2023

# Class Schedule



ROLLING HILLS CLUB

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

effective: March 1, 2023

All classes are included in your membership

**RESERVATIONS REQUIRED / ALL CLASSES are 1 hour except where noted**

	FITNESS	YOGA / PILATES	CADENCE CYCLE	AQUA
MONDAY	8:30am <b>Step Interval</b> <i>Jillian</i> 9:30am <b>Boot Camp</b> <b>TBD</b> 5:30pm <b>TRX Strength + Cardio #</b> <i>Kristel</i>	10:30am <b>Hatha Yoga</b> <i>Kat</i> 11:30am <b>Pilates Mat</b> <i>Charlene</i> 4:30pm <b>Vinyasa Flow Yoga</b> <i>Melissa L</i>	9:00am <b>Cycle</b> <i>Tori</i> <b>CYCLE STUDIO</b> 5:30pm <b>Cycle</b> <i>Aruti / Teal</i> <b>CYCLE STUDIO</b>	1:00pm <b>AquaFit Shallow</b> <b>O</b> <i>Shellie</i> <b>LOWER POOL</b>
TUESDAY	8:00am <b>Latin Fusion Dance</b> <i>Emily</i> 9:00am <b>Barre</b> <i>Alice</i> 10:00am <b>Muscle Madness</b> <b>O</b> <i>Barb</i> 11:00am <b>Moving to Music</b> <b>O</b> <i>Barb</i> 5:30pm <b>Metabolic Circuit Training</b> <i>Ody #</i>	12:00pm <b>Gentle Yoga</b> <b>O</b> <i>Beth K</i> 4:30pm <b>Pilates Fit, Flow + Sculpt</b> <i>Levels 2+3 Naya</i> 6:30pm <b>Breath Work + Meditation</b> <i>Ody 30 min</i>	5:30am <b>Cycle</b> <i>Kevin Mcs</i> <b>CYCLE STUDIO</b> 8:45am <b>Cycle</b> <i>Tori / Matt</i> <b>CYCLE STUDIO</b>	9:00am <b>AquaFit Deep</b> <b>O</b> <i>Tori / Brigitte</i> <b>LOWER POOL</b> 1:00pm <b>AquaFit Shallow</b> <b>O</b> <i>Karen L</i> <b>LOWER POOL</b>
WEDNESDAY	6:30am <b>Boot Camp</b> <i>Juliet #</i> 8:30am <b>Lee's Boot Camp</b> <i>Lee</i> 9:30am <b>Power Strength/P90X</b> <i>Elise</i> 11:30am <b>Moving to Music</b> <b>O</b> <i>Jillian / Tori</i> 4:00pm <b>Upper Strength Express #</b> <i>Ody * 30 min</i> 4:30pm <b>Power Abs + Glutes #</b> <i>Ody * 30 min</i> 5:30pm <b>Muscle Madness</b> <b>O</b> <i>Barb</i>	10:30am <b>Yogalates</b> <i>Rose</i> 12:30pm <b>Tai Chi Chih</b> <i>Linda P</i>	8:45am <b>Spin, Strength, Stretch</b> <i>L.J.</i> <b>CYCLE STUDIO</b> 5:30pm <b>Cycle</b> <i>Erin</i> <b>CYCLE STUDIO</b>	9:00am <b>AquaFit Deep</b> <b>O</b> <i>Tori / Brigitte</i> <b>LOWER POOL</b> 1:00pm <b>AquaFit Shallow</b> <b>O</b> <i>Linda K</i> <b>LOWER POOL</b> 5:30pm <b>AquaFit Deep</b> <b>O</b> <i>Linda</i> <b>LOWER POOL</b>
THURSDAY	9:00am <b>Boot Camp</b> <i>Rachel #</i> 11:30am <b>Moving to Music</b> <b>O</b> <i>Jillian*</i> 4:30pm <b>Metabolic Circuit Training</b> <i>Ody #</i>	10:00am <b>Pilates Fit Flow</b> <i>Levels 2+3 Naya 45 min</i> 10:45am <b>Restorative Pilates</b> <i>Levels 1-2 Naya 45 min</i> 12:30pm <b>Gentle Yoga</b> <b>O</b> <i>Rebecca</i> 5:30pm <b>Power Yoga Sculpt</b> <i>Consuela</i>	5:30am <b>Cycle</b> <i>Kevin</i> <b>CYCLE STUDIO</b> 8:45am <b>Cycle</b> <i>Laree</i> <b>CYCLE STUDIO</b>	1:00pm <b>AquaFit Deep</b> <b>O</b> <i>Tori</i> <b>LOWER POOL</b> 6:30pm <b>AquaFit Yoga</b> <b>O</b> <i>Consuela</i> <b>LOWER POOL</b>
FRIDAY	6:00am <b>Functional Fit</b> <i>Heather #</i> 9:30am <b>HIIT + Hustle</b> <i>Kelly Morlock #</i> 11:15am <b>Zumba Gold</b> <b>O</b> <i>Jillian</i>	8:30am <b>Hatha Yoga</b> <i>Sarah Steen</i> 10:30am <b>Athletic Stretch + Roll</b> <i>L.J. * 45 min</i> 12:15pm <b>Pilates Mat</b> <b>O</b> <i>Karen L * 45 min</i> 1:00pm <b>Pilates Mat</b> <b>O</b> <i>Karen L * 45 min</i>	8:45am <b>Cycle</b> <i>Tori</i> <b>CYCLE STUDIO</b>	9:00am <b>AquaFit Deep</b> <b>O</b> <i>Susan</i> <b>LOWER POOL</b> 1:00pm <b>AquaFit Shallow</b> <b>O</b> <i>Shellie/Linda</i> <b>LOWER POOL</b>
SATURDAY	8:30am <b>Barre</b> <i>Alice</i> 9:30am <b>Power Hour</b> <b>TBD #</b>	10:30am <b>Power Flow Yoga</b> <i>Elena / Kristen</i>	8:30am <b>Cycle</b> <i>Laree</i> <b>CYCLE STUDIO</b>	9:00am <b>AquaFit Deep</b> <b>O</b> <i>Phyllis / Cari</i> <b>LOWER POOL</b>
SUNDAY	9:00am <b>Zumba</b> <i>Belen / Jillian</i>	10:30am <b>Mixed Level Flow Yoga</b> <i>Beth K 75 min</i>	8:30am <b>Power Ride</b> <i>April</i> <b>CYCLE STUDIO</b>	

**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**  
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# CLASS DESCRIPTIONS

Group Exercise Director: Alice Dow, [aliced@rollinghillsclub.com](mailto: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

## **AQUAFIT YOGA ( 1, 2, 3 )**

Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. Using Yoga/Pilates exercises will give you a full body workout!

## **BARRE ( 2, 3 )**

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

## **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, sprin-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 FIT FLOW ( 1, 2 )**

This class is a milder version of the 2 + 3 class listed above.

## **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 STRENGTH ( 1, 2, 3 )**

Full-body workout with weights as well as your own body weight to strengthen and tone

## **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.

## **P90X® ( 1, 2, 3 )**

Using science of muscle confusion maximizes fat burning + muscle building in different ways. Short training cycles challenge muscles with variety & intensity.

## **RESTORATIVE PILATES ( 1, 2, 3 )**

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

## **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..

## **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