

JULY 2017



ROLLING HILLS CLUB

# Class Schedule

effective: July 1-31, 2017

	FITNESS	YOGA	CYCLING	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	8:45am <b>Int/Adv Reformer Cardio</b> Megan 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 9:00am <b>Cycle</b> Meghan K 5:30pm <b>Cycle</b> Michelle F	8:45am <b>Int/Adv Reformer Cardio Sculpt</b> Megan 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	9:00am <b>Cycle</b> Laree 4:30pm <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 9:00am <b>Cycle</b> Heather H	8:45am <b>Int/Adv Reformer Cardio Sculpt</b> Megan 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)	8:30am <b>Cycle</b> Tori 9:30am <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 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	10:30am <b>Mixed Level Flow</b> Beth K (75min)	8:30am <b>Cycle</b> Michelle/	

**CLUB HOURS**

Weekdays 5:30am-10:00pm  
 Weekends 7:00am-8:00pm  
 Holidays 7:00am-3:00pm

**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

**CLASS KEY**

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 **fee based** class or program.

**STUDIO KEY**

**FITNESS STUDIO** : FITNESS & YOGA  
**CYCLING STUDIO** : CYCLING  
**FITNESS CENTER (FC)** : see indicated

**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.

### 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!

### 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

### FULL BODY PLUS

This class will work your entire body and is for all levels. Includes cardio, weights & core will all the different equipment choices. Never same class twice.

### 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.

### QUICK FIT

Beginner & inter-mediate levels. Taught as a group, tailored to individual needs and abilities. Age 55+.

### 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	<b>\$150</b> ( \$30 per class )
10-PACK	<b>\$250</b> ( \$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.**