



Santa Clarita

ATHLETIC CLUB 24640 Wiley Canyon Road, Santa Clarita
The most innovative Group Fitness Program in the SCV! (661) 255-3365

GROUP FITNESS 2012 KICK OFF!

Group Fitness Director- Teri Baker-Cannon Effective Monday January 2nd, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am CYCLE-Janet	5:45am CYCLE-Bre	5:45am CYCLE-Janet	5:45am CYCLE- Bre	5:45am CYCLE-Janet	8:00am Main Dynamic Sculpt & Core Heidi	
	6:30am Main Fit to Function!-Gordon					
8:00am CYCLE -Laura		8:00am CYCLE -Jackie		8:00am CYCLE -Andrea	8:00am CYCLE-Jackie	8:00am CYCLE -Angie
8:30am Main Kickboxing -LATA 8:30am Studio 2 Yoga-Therapeutic Jackie	8:30am Main Pilates -Natasha 8:30am Studio 2 Booty Barre -Teri	8:30am Main Step Fusion- Heidi 8:30am Studio 2 <i>*New*</i> M.E.L.T. Strength <i>*See class description</i> Gloria 8:30am Basketball Court Cozmosize- Matt	8:30am Main Up In Arms-Jackie 8:30am Studio 2 <i>Pilates Inspired Barre</i> Natasha	8:30am Main <i>Cardio Kick It!</i> -Tricia	9:00am Main ZUMBA!-Lata 9:00am Studio 2 Booty Barre- Teri	9:00am Main Arm Blast! 30 min.-Tori 9:00am Studio 2 Yoga Flow- Cathy
9:00am CYCLE-Janet	9:00am CYCLE-Cherie	9:00am CYCLE-Tricia	9:00am CYCLE - Laura	9:00am CYCLE -Janet	9:00am CYCLE-Tricia	9:30am CYCLE -Teri Contemporary Gospel
9:30am Main Arm Blast! 30 min.-Tricia 9:30am Upstairs TRX Level 2-Teri <i>*See class description</i> 10:00am Main Boot Camp! 30 min.-Tricia 10:30am Upstairs Learn TRX-Teri <i>*See class description</i>	9:00am-Pool AQUA Splash!-Laura 10:00am Main ZUMBA!-Lata	9:30am Main Pilates Plus-Tori 9:30am Studio 2 Yoga Flow -Jackie	9:00am-Pool AQUA Splash!-Kelly 9:30am Main ZUMBA!-Lata 9:30am Upstairs TRX Level 2-Teri <i>*See class description</i>	9:30am Main Step Fusion-Tricia 9:30am Studio 2 M.E.L.T. -Gloria <i>*See class description</i> 10:30am Studio 2 Gentle Yoga -Cathy	10:00am Main Pilates Plus -Tori 10:00am Studio 2 M.E.L.T.-Gloria	9:30am Main Step Fusion-Tori 10:30am Studio 2 Yoga Level 1-2 Andrea
					Club Hours: M-F 4am to Midnight Sat. & Sun. 7am-8pm	Babysitting Hours: M-Th 8am-noon 4pm-8pm Fri. 8am-noon 4pm-7pm Sat. & Sun. 7:30am to Noon
4:30pm CYCLE-Andrea	4:30pm CYCLE- Jackie	4:30pm CYCLE-Bre	4:30pm CYCLE-Jackie	5:30pm CYCLE-Corissa		
4:30pm Main <i>Pilates Mat</i> -Tori 5:30pm Main <i>Cardio Kick It!</i> Lynette	4:30pm Main Brittney ZUMBATOMIC FOR KIDS! <i>*See class description</i> 5:30pm Main Arm Blast! 30 min-Tori	4:30pm Studio 2 <i>Pilates Inspired Barre</i> 5:30pm Main Teri Dynamic Sculpt & Core Gretchen	4:30pm Main Brittney ZUMBATOMIC FOR KIDS! <i>*See class description</i> 5:30pm Main Power Pump!-Jose			
5:30pm CYCLE-Corissa	5:30pm CYCLE-Angie	5:30pm CYCLE- Susie	5:30pm CYCLE-Laura	<p>*January Special* Zumbatomic Membership for kids ages 6 to12 only \$19.99 As of February 1st rates will increase to \$24.99</p>		
6:00pm-Studio 2 <i>*New*</i> M.E.L.T. Strength <i>*See class description</i> Gloria	6:00pm-Studio 2 Yoga Level 1-2 Andrea 6:00pm-Main <i>Leg-o-licious!</i> Tori	5:30pm Upstairs Learn TRX-Teri <i>*See class description</i>	6:00pm-Studio 2 Yoga Level 2-Andrea	<p>*New formats in 2012*</p> <p><i>*Cardio Kick It!</i> <i>*M.E.L.T. Strength</i> <i>*Dynamic Sculpt & Core</i> <i>*Learn TRX</i></p> <p>*Try these *HOT* industry trends!*</p> <i>*Booty Barre*</i> <i>*New*</i> COZMOSIZE! <i>M.E.L.T. Strength</i>		
6:30pm CYCLE-Angie	6:30pm CYCLE- Susie	6:30pm CYCLE-Angie	6:30pm CYCLE-Janet	<p>Visit us on the web www.scathleticcomplex.com www.facebook.com/santaclaritaathleticclub</p>		
6:30pm Main Dynamic Sculpt & Core Lynette 7:30pm Studio 2 Yoga Flow- Cathy 7:30pm Main Cozmosize - Matt	6:30pm Main Kickboxing- Jose 7:30pm Main ZUMBA!-Jose	6:30pm Main ZUMBA!-Cherie 7:30pm Main Cozmosize-Matt	6:30pm Main ZUMBA!-Jose			