

Class Descriptions

CARDIO SCULPT

This total body workout is fun and easy to follow. A little bit of dance combined with body sculpting by using one's own bodyweight as resistance. We will also use dumbbells and resistance tubes to make for a fun calorie burning class.

TURBOKICK®

There's a party happening at the gym! And guess what? You're officially invited. Turbo Kick LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

CYCLE

Indoor cycling is a complete cardiovascular challenge. Each participant can adjust their own work out on their individual bike. This class simulates a road ride and will incorporate music as a motivational tool. One of our instructors boasts a Level 3 Spinning™ Instructor Certification!

ZUMBA

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to love working out and to get hooked. Zumba® Fanatics achieve 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!

PIYO®

PiYo® is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

STEP AND CORE

All fitness levels welcome. Plank, step, crunch and lunge your way to a fitter you! This fun class combines bodyweight strength movements with easy to follow cardio combinations that are sure to leave you wanting more.

SILVER SNEAKERS® CLASSIC

Muscular Strength and Range of Movement: Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered to for resistance, and a chair is used for seated and/or standing support.

SILVER SNEAKERS® CARDIO

Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. This is a free standing class.

SILVER SNEAKERS® YOGA

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

LES MILLS VIRTUAL ON DEMAND

SH'BAM™

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

CX WORX™

All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

BODYFLOW™

The new-yoga, Pilates and tai chi workout that improves flexibility, strength and relaxation. No equipment needed

RPM™

With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

BODYPUMP™

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BODYCOMBAT™

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

LES MILLS BARRE™

is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

YOGA

A flow class geared towards those new to yoga or preferring a slightly gentler class. Time is spent breaking down poses fundamental to a Vinyasa practice. Enjoy movement with breath for a relaxing workout. Props and modifications offered for proper alignment and ease in the postures.



RFC
RAMONA FITNESS CENTER

GROUP X SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
5 AM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	CLASS SCHEDULE EFFECTIVE JULY 29, 2019	
6 AM		VIRTUAL CXWORX		VIRTUAL BODYFLOW			
7 AM	TRY A VIRTUAL ON DEMAND CLASS!						
8 AM	CYCLE ROSE	CARDIO SCULPT ANNETTE	CYCLE ROSE	CARDIO SCULPT ANNETTE	ZUMBA® ROSE	CYCLE ROSE	VIRTUAL RPM
9 AM	STEP & CORE ROSE	CYCLE* ANNETTE	ZUMBA® ROSE	ZUMBA® ANNETTE	STEP & CORE ROSE	PIYO DALE	
10 AM	VIRTUAL BODYCOMBAT				VIRTUAL CXWORX		VIRTUAL CXWORX
1030 AM		SILVER SNEAKERS® CARDIO JACKIE		SILVER SNEAKERS® CARDIO JACKIE			
12 PM	TRY A VIRTUAL ON DEMAND CLASS!						
1 PM	SILVER SNEAKERS® CLASSIC JACKIE	SILVER SNEAKERS® CHAIR YOGA JANICE	SILVER SNEAKERS® CLASSIC JACKIE	SILVER SNEAKERS® CHAIR YOGA JANICE	SILVER SNEAKERS® CARDIO JACKIE		VIRTUAL GRIT
2PM	TRY A VIRTUAL ON DEMAND CLASS!						
3PM	TRY A VIRTUAL ON DEMAND CLASS!						
4 PM		RFC ULTIMATE ATHLETE**		RFC ULTIMATE ATHLETE**			
5 PM	ZUMBA® ROSE	TURBOKICK® ROSE	ZUMBA® ROSE	TURBOKICK® ROSE		VIRTUAL CXWORX	
6 PM	PIYO™ DALE	STEP & CORE ROSE	CYCLE DALE	STEP & CORE ROSE	VIRTUAL BODYFLOW		
7 PM	STARTS 8/5 YOGA NANCY		STARTS 8/7 YOGA NANCY				

*Register for cycle class by using Mindbody app on your smart phone or visit mindbodyonline.com

** Youth Paid Training Program.

Please note class times, instructors and formats are subject to change.

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