



MARCH 2020

Group Exercise Schedule

Attendees must check-in at the touch-screen kiosk prior to each class.

All classes are held in the Aerobics Room, except for Aqua Fitness, which is held at the Activity Pool.
For more information, please contact Chet Sheehan or Matt Mauri at 760-834-6316.

● Cardio
 ● Strength
 ● ST Stretch
 ● B Balance
 ● E Endurance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		Yoga Marsha ST B				
8:00 AM	Sculpt Cari S E		Sculpt Cari S E	Yoga Marsha ST B		Yoga Angel ST B
9:00 AM	Zumba Armida C E	Circuit Chris S ST B	Zumba Armida C E	Circuit Chris S ST B	Zumba Armida C E	Tai Chi Qigong Michael ST
10:00 AM	Tai Chi Qigong Michael ST	Barre Chris ST B	Tai Chi Qigong Michael ST	Barre Chris ST B	Mat Pilates Sculpt Cari S E	Cardio Combo C E Angel
10:45 AM	Aqua Fitness Doug C S	Aqua Fitness Kim C S	Aqua Fitness Kris C S	Aqua Fitness Kim C S	Aqua Fitness Doug C S	
11:00 AM	Ballet Bar & Balance ST B Dawn	Dance-ified Dawn C E	Gentle Yoga Dawn ST B	Balance & Stability ST Chris	Gentle Yoga Dawn ST B	
12:00 PM	Life Stretch Oscar ST		Dynamic Stretch ST Chet		Life Stretch Oscar ST	
1:00 PM	Beginner Tap Keith B E					
2:00 PM		TRX Jackie S B E		TRX Jackie S B E		
4:00 PM			Intermediate Tap Keith B E			

Note: When participating in group fitness classes, safety is the personal responsibility of the member.



MARCH 2020

Spin Class Schedule

Attendees must check-in at the touch-screen kiosk prior to each class.

All classes are held in our new Spin Studio in the Health & Fitness Center.
For more information, please contact Chet Sheehan or Matt Mauri at 760-834-6316.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		Spin Meaghan		Spin Meaghan		Spin Angel
9:00 AM	Spin Shay	Spin Meaghan	Spin Shay	Spin Armida	Spin Meaghan	
1:00 PM	Spin Fusion Holly					
2:00 PM			Spin Fusion Holly			

Spin: Can you pedal a bike? Come join this high intensity**, low impact class that gets your heart racing as you control the intensity for flat races, hills and intervals. (** This class can be modified to low intensity by slowing pedaling speed and reducing tension level on the wheel as in Beginners Spin.)

HEALTH & FITNESS CENTER HOURS

The Health & Fitness Center is open daily from
6:00am - 5:00pm Daily

Secured Extended Hours Access
5:00am - 6:00am & 5:00pm - 9:00pm

Note: When participating in group fitness classes, safety is the personal responsibility of the member.



MARCH 2020

Pilates Reformer Schedule

Sign up for Reformer Pilates classes on the Indian Ridge member website under 'Fitness Bookings' (up to one week in advance).

Attendees must check-in with the front desk attendant prior to each class.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Reformer (All Levels) Justin \$		Reformer (All Levels) Chris \$	Reformer (All Levels) Justin \$	Reformer (All Levels) Chris \$	
9:00 AM	Reformer (All Levels) Cari \$		Reformer (All Levels) Cari \$		Reformer (All Levels) Chris \$	Reformer (All Levels) Angel \$
10:00 AM	Reformer (All Levels) Cari \$		Reformer (Fundamentals) Cari \$		Reformer (Fundamentals) Chris \$	
10:30 AM		Reformer (All Levels) Brenna \$		Reformer (All Levels) Brenna \$		
11:30 AM		Reformer (Fundamentals) Brenna \$		Reformer (All Levels) Brenna \$		
3:00 PM	Intro to Reformer (New Students Only) Chet FREE	Reformer (All Levels) Cari \$		Reformer (Golf Specific) Chet \$		

**Small group classes are 50 minutes. New Reformer Pilates students must take the free "Intro to Reformer" class before joining any Pilates class. Highly recommended - take at least one private Reformer session prior to attending any group class. Recommendations are for your safety and the enjoyment of all class participants.*

Reformer Pilates classes have a 24-hour cancellation policy.

Reformer Pilates socks are required for class.

Note: When participating in group fitness classes, safety is the personal responsibility of the member.