

AEROBICS ROOM

A.M.	MONDAY	TUES DAY	WEDNES DAY	THURS DAY	FRIDAY	SATURDAY	SUNDAY
8:30	Power Pump <i>Sigi</i>	Zumba <i>Abbie</i>	TRX <i>Sigi</i>	Zumba <i>Abbie</i>	TRX <i>Sigi</i>	Cardio Kickboxing <i>Gisella</i>	TRX <i>Kati/Patty</i>
9:30	Functional Fitness <i>Gisella</i>	Body Sculpt <i>Abbie</i>	Body Defined <i>Cindy</i>	Body Sculpt <i>Abbie</i>	Move and Tone <i>Karen</i>	Zumba <i>Kristine/Maria</i>	
10:30	U-J am <i>Michelle</i>	TRX <i>Kati</i>	Zumba <i>Kristine</i>		Zumba <i>Jen</i>		
P.M.							
5:30	TRX <i>Patty</i>	Zumba <i>Kristine</i>	Zumba <i>Jessi</i>	U-J am <i>Michelle</i>			
6:30	U-J am <i>Jo-An</i>	Functional Fitness <i>Gisella/Fergi</i>	Fusion <i>Kati</i>	Cardio Kickboxing <i>Nicole</i>			

SPIN ROOM

A.M.	MONDAY	TUES DAY	WEDNES DAY	THURS DAY	FRIDAY	SATURDAY	SUNDAY
5:45	SPIN <i>Abbie</i>	SPIN <i>Patty</i>	SPIN <i>Abbie</i>	SPIN <i>Kass</i>	SPIN <i>Abbie</i>		
7:30							SPIN <i>Trudy</i>
8:30	SPIN <i>Carmella</i>		SPIN <i>Carmella</i>		SPIN <i>Kati</i>	SPIN <i>Abbie/Trudy</i>	
9:30		SPIN <i>Kati</i>		SPIN <i>Patty</i>			
P.M.							
5:30	SPIN <i>Trudy</i>		SPIN <i>Trudy</i>				
6:00		SPIN <i>Carmella</i>					
6:30				SPIN <i>Mark</i>			

YOGA ROOM

A.M.	MONDAY	TUES DAY	WEDNES DAY	THURS DAY	FRIDAY	SATURDAY	SUNDAY
8:30	MAT PILATES (Roller) <i>Debra</i>	Yoga Rehab 9:00 - 10:20 <i>Keira</i>	YOGA <i>Patricia</i>	GENTLE YOGA <i>Keira</i>	MAT PILATES <i>Jen</i>	TAI CHI <i>Chuan Mark</i>	
9:30	YOGA <i>S tacy/Laura</i>		TAI CHI <i>Marie</i>	MAT PILATES <i>Debra</i>	YOGA <i>S tacy</i>	YOGA <i>Mark</i>	YOGA <i>Gail</i>
10:30		MAT PILATES <i>Karen</i>	CHI GONG <i>Marie</i>		CHI-GONG <i>Marie</i>	TAI CHI <i>Mark</i>	
P.M.							
4:30			ME DITATION <i>Keira</i>				
5:30	YOGA <i>S tacy</i>	YOGA <i>Mark</i>	ADV. MAT PILATES <i>Debra</i>	S low Flow Yoga <i>Gail</i>			
6:30		TAI-CHI <i>Marie</i>	YOGA <i>S igi/S tacy</i>				Last Update 6/20/2017

www.BeniciaHealthandFitnessClub.com

1150 West 7th Street (707) 751-0273 Hours: (5am-10pm Mon-Fri) (7am-7pm Sat) (7am-5pm Sun)

CLASS DESCRIPTIONS

Body Defined: A creative total body fitness class, combining a variety of multi-joint strength exercises, body weight and precision body sculpting moves, with spurts of fun cardio drills, (such as kickboxing, dance and athletic moves). All moves are modifiable.

Body Sculpt: A great whole-body workout designed to strengthen and tone muscles, may include use of hand weights, bar bells, bands, stability balls and more. Every teacher puts their own personal twist into Body Sculpt.

Chi-Gong: A 500-year-old Chinese form of low-impact exercises. Deep breathing techniques, easy movement and visualization help develop inner strength to reduce stress while improving balance, range of motion and vitality.

Circuit: This class utilizes the weight machines in the adult circuit room. A great class to teach you how to use weight machines properly and learn all the basics of strength training. Commit to Get Fit!

Functional Fitness: Exercises that simultaneously use multiple muscles to improve muscular endurance, overall strength, coordination and balance. A challenging, effective, and fun full-body workout preparing the body for everyday, real-life activities. May include the use of stability balls, hand weights and bands.

Fusion: High intensity body conditioning and resistance training, to build strength & muscle endurance. Gets your heart rate up & strengthens muscles, as you move quickly through several stations to work different muscle groups. 10 – 15 reps at each station lasting 30 sec. – 3 min. then on to the next station. A great workout!!!

Kick Boxing: A high-energy aerobic class where you will power punch, jab, undercut and kick your way to fitness.

Mat Pilates: A class with the purpose of developing two centers of control, the deep and lower abdominals and the mid back muscles, also known as the core or powerhouse. Improves body shape, posture, and general mind/body awareness.

Move & Tone: Using flowing, repetitive movements in accordance with classical music, this graceful strength class is designed to tone and elongate the body for an overall improved posture, coordination, and flexibility.

Power Pump: This complete and whole body workout brings the benefits of free weight training into a group exercise setting. By progressing from one exercise to the next you'll strengthen all major muscle groups. Increased metabolic rate will burn calories.

Spin: This original indoor cycling program is simply the best for an intense cardio workout. It is a comprehensive training system that simulates real cycling techniques.

Tai Chi: A mindful class using slow, controlled movements and awareness of breath to help restore balance to body and mind. This class requires concentration as you learn a series of steps to be practiced and improved upon over time. **Chuan:** Yang style of Tai Chi and consists of 64 movements. Incorporates martial arts and focuses on kicks and punches, great for beginner and advanced students alike.

TRX Suspension Training: "Make your body your machine." Create resistance by harnessing your own body weight, using the "TRX," a total body conditioning tool.

U-Jam: An athletic urban Hip-Hop fitness workout that is bound to get your heart rate up. All ages & fitness levels are welcome.

Yoga: A calm meditative practice that blends asana, movement, breath and relaxation to nourish and balance your entire system. Build strength and flexibility while reducing stress. We offer Rehab., Gentle, and Slow Flow Yoga as well as traditional Yoga.

Zumba: A very fun cardio work-out full of rhythm, music, and movement. A calorie-burner.