### August 2019 Fitness Schedule

Reservations are highly recommended for any scheduled classes and can be made by calling the spa at 310.510.7300.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am-9:45am Yoga Basics <strong>Cancelled on 8/4</strong></td>
<td>7:00am-7:45am *Full Body Circuit Training (NC)</td>
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<td>7:00am-7:45am *Full Body Circuit Training (NC) <strong>Cancelled on 8/30</strong></td>
<td>7:00am-7:45am Yoga (KP) <strong>Cancelled on 8/2 &amp; 8/9</strong></td>
<td>9:00am-9:45am Yoga (KP) <strong>Cancelled on 8/3</strong></td>
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<tr>
<td>10:00am-10:35am Beginner Shred Workout <strong>Cancelled on 8/4</strong></td>
<td>8:00am-9:00am Yoga (KP)</td>
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<td>10:00am-10:35am Beginner Shred Workout</td>
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<tr>
<td><strong>Cancelled on 8/4</strong></td>
<td>9:15-10:00am *Senior Stretch (KL)</td>
<td>9:00am-9:30am Mat Pilates</td>
<td>9:15-10:00am *Senior Stretch (KL)</td>
<td>9:00am-9:45am Mat Pilates</td>
<td>9:15-10:00am *Senior Stretch (KL)</td>
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<tr>
<td>12:30-1:15pm *Body Sculpting (KL)</td>
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<td>12:30-1:15pm Body Sculpting (KL) <strong>Cancelled on 8/11 and 8/25</strong></td>
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<tr>
<td>2:00-2:30pm Mat Pilates</td>
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<td>12:15pm Train Like a Contender <strong>Cancelled on 8/4</strong></td>
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<tr>
<td>3:00-4:15pm Slim Sculpting 1 &amp; 2 <strong>Cancelled on 8/11 and 8/25</strong></td>
<td>4:00-4:45pm Catalina Stair Circuit (KL)</td>
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<td>5:00-5:45pm PLYOGA® Flow</td>
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<td><strong>8/11 &amp; 8/25 Yoga &amp; Kayaking Event 8am – 5pm</strong></td>
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<td>6:00pm-7:15pm *Energetic Yoga (SG)</td>
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**8/30**

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163 Crescent Avenue  I  Avalon, CA 90704  I  310.510.7300  I  islandspacatalina.com

Attendees must be 16 years of age or older.  *Instructor-led class  **Schedule subject to change.**
**Fitness On Demand™**

Fitness On Demand is a virtual, group fitness program that offers an expansive library of fitness class options and first-class instructors. Island Spa Catalina has a pre-arranged fitness schedule that offers some of FOD’s most popular virtual classes. With just the push of a button, you’ll be ready to get fit at Island Spa Catalina! All you need to do is show up, tune in, and work out!

**Instructor-Led Classes**

**Body Sculpting**
Your Summer slim-down class is here! Use a variety of equipment to sculpt and tone the whole body. Begin with a functional fitness circuit, followed by floor mat exercises and body weight training. This is a fun challenging, 45min workout for all levels.

**Catalina Stair Circuit**
A dynamic class to maximize fat loss! Start in the Wellness Studio with a 5 minute warm up, then continue with 15 minutes of stairs at the Crescent Stairway for maximum calorie burn! Finish in the Wellness Studio with strength and floor work. *Weather Permitting - If stairs are not suitable, class will be held inside the Wellness Studio.

**Energetic Yoga**
A strenuous, posture-based practice. Participants should be prepared to build strength, stability, and flexibility through a variety of challenging, static and dynamic postures, planks, Sun Salutations, core work, deep stretches, and breath; ending with 5+ minutes of relaxation.

**Full Body Circuit Training**
Experience a TOTAL full body workout! This 45 minute class is a circuit-style class with a mixture of cardio exercises and weighted conditioning exercises. This workout will help you build muscle and burn fat with a complete and balanced focus on all major muscle groups.

**Senior Stretch/Stretch & Glow**
An enjoyable 45 minute class designed to energize, mobilize and stabilize from head to toe. Stretch & Glow is tailored to meet the individual’s needs. Gentle toning and stretching are the heart of this workout.

**Yoga**
The connection between mind, body and breath is an individual experience. We personalize the practice to meet the needs and skill levels of our guests and therefore offer a flow and structure unique to each class. Beginners and yoga enthusiasts will be able to find their preferred degree of exertion as guided by our instructors who focus on pose sequences that offer a wide degree of customization.

**Yoga Tranquillo**
a moderately challenging posture-based practice. Participants will release physical, emotional, and mental stress by engaging in Asanas and breath, relaxation, and visualization exercises. Less strenuous than Energetic Yoga but not as mellow as Restorative Yoga.

**Special Event Classes**

**Yoga & Kayaking on 8.11.19 & 8.25.19**
Combine the power of yoga and the fun of kayaking for a day-long adventure on Catalina Island you won’t soon forget! You begin your day with an hour-long cruise to the island followed by a quick walk through Avalon past the historic Catalina Casino to Descanso Beach. From there we embark on a 1.5-hour paddle tour which will take us along the coves and headlands of the Catalina coast. During your scenic journey, you’ll be introduced to the island’s history while paddling through giant kelp forests teeming with sea life. You’ll have the chance to see dolphins, seals, pelicans, bright orange Garibaldi and other marine animals. After the paddle and a lunch break, unite your mind, body and breath through a personalized yoga class at Island Spa Catalina, offering beautiful views of Avalon Harbor. You’ll have time to explore the quaint town of Avalon or relax poolside at the spa before returning to Long Beach. Visit our Facebook page or visit the Spa Front Desk for more information.