

# AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# Fitness Schedule August 2019

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

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

## 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.

## Fitness On Demand™ Classes

### Beginner Shred Workout

Jillian Michaels Beginner Shred is a comprehensive exercise plan to help you kickstart your weight loss journey, dramatically transforming not just your physique but also your level of fitness and self-confidence.

### Mat Pilates

This is a fitness-based mat pilates class for the beginner.

### PLYOGA® Flow

Balance, flexibility, recovery. A kicked up, hybrid, yoga inspired workout that emphasizes recovery, balance, and flexibility through power yoga poses.

### Slim Sculpting Workout 1 & 2

Slim Sculpting Workout 1 & 2 is a slow, deliberate and empowering workout.

### Train Like a Contender

Train Like a Contender is a fun-filled, easy-to-follow cardio boxing workout that empowers you as it blasts away calories and challenges your entire body.

### Yoga Basics

This class will move at a speed that allows you to comprehend the moves while also getting a quality workout focused on strength, balance, and coordination.

## 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.