



September 2021 Indoor/Outdoor Motivational Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
INDOOR/ OUTDOOR FITNESS OPENS 5 AM – 8 PM	INDOOR/ OUTDOOR FITNESS OPENS 6 AM – 8 PM	INDOOR/ OUTDOOR FITNESS OPENS 5 AM – 8 PM	INDOOR/ OUTDOOR FITNESS OPENS 6 AM – 8 PM	INDOOR/ OUTDOOR FITNESS 5 AM – 8 PM	INDOOR/ OUTDOOR FITNESS HOURS 7 AM – 5 PM	INDOOR/ OUTDOOR FITNESS 7 AM – 5 PM
CARDIO KICKBOXING 8:00 AM w/Rhea		SPIN 5:30 AM w/Michale	LATIN FUSION 8:00 AM w/Dennis	SPIN 5:30 AM w/Michale	CARDIO SCULPT 9:00 AM w/Rhea	
MUSCLE PUMP 9:00 AM w/Rhea		Cardio Sculpt 8:00 AM w/Kathi BEGINS 9/8	AQUA FIT 10:30 AM w/ Lata		RESTORATIVE YOGA 10:15 AM w/Rhea	
FUNCTIONAL FITNESS 11:00 AM w/Leah	POWER YOGA 5:30 PM w/Georg	FUNCTIONAL FITNESS 11:00 AM w/Leah	HIIT 4:00 PM w/Tania	FUNCTIONAL FITNESS 11:00 AM w/Leah	KIDS FIT 11:30 AM w/Tania (AGES 8-14)	Fitness tips for the Month.... Find this information on the back
YOGA + MEDITATION 5:00 PM w/Nancy	SPIN 6:30 PM w/George	YOGA 5:15 PM w/Nancy	SPIN 5:30 PM w/Georg			
LABOR DAY 9/6 FITNESS HOURS 7 AM - 3 PM NO CLASSES			POWER YOGA 6:30 PM w/Georg			

If you have any comments or suggestions, please see the PV FIT Fitness Staff or call 818.360.1071 ext. 2124 or 2134





Hours of Operation: Monday, Wednesday & Friday: 5:00AM - 8:00PM | Tuesday & Thursday: 6:00 AM - 8:00PM | Saturday & Sunday: 7:00 AM - 5:00 PM

Fitness tips for the Month: Eat a healthy breakfast. Eating breakfast starts your day off on the right foot and gives you fuel for the day that will help you make better food decisions throughout the day. Get moving. Walk where you can, whenever you can. Walk to a co-worker's desk instead of sending an email. Take a lap around the block. You do not have to take long or intense walks but try to add a few more steps to your day.

MOTIVATIONAL STUDIO CLASS DESCRIPTIONS

Spin: Spin is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, this class is fun with energizing music and energy. It's the perfect opportunity to get your heart pumping while you burn some serious calories.

Cardio Kickboxing: Lose weight, increase power, cardio, endurance and strength. This is an intense aerobic workout based on kickboxing and MMA combinations to help you get you into fighting shape.

Aqua FIT: This class is very relaxing and great for reducing daily stress. This is a low impact cardio and conditioning class that uses the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. All fitness levels are welcome!

Yoga: Yoga is a universal exercise program for all ages, sizes, and fitness levels. It brings your life into balance and develops peace of mind with techniques that integrate the physical, mental, and spiritual. You will learn breathing techniques and skills for enhancing relaxation, concentration, and meditation to calm you and keep you centered in moments of stress. Vitality and energy gained in this class brings harmony to the mind and body. We have several styles of Yoga for you.

Cardio Sculpt: This class includes body weight exercises, interval training, functional movements and agility drills. Instructors use different equipment to challenge, inspire, and motivate participants while offering modifications to accommodate all levels.

Muscle Pump: This class is a full body toning and sculpting class incorporating weights, bands and body weight. Mold your body into a lean and sculpted machine.

Restorative Yoga: A softer class that incorporates balance work, strength development, stretching for improving range of motion and stress reduction. This class is ideal for beginners, seniors, expectant mothers (pre and post-natal), those recovering from injuries or anyone that needs a break from their strenuous physical activity routine.

Cardio Sculpt: This class includes body weight exercises, interval training, functional movements and agility drills. Instructors use different equipment to challenge, inspire, and motivate participants while offering modifications to accommodate all levels.

Mat Pilates/Yoga Mix: Improve your posture and develop core control, which is the ability to move effectively and efficiently. Exercises coordinate breathing with co-contractions of deep abdominal, pelvic floor and spinal muscles.

HIIT (High –Intensity Interval Training): A full body workout using bodyweight and light weights. It has high-intensity periods and periods of active recovery. This class will build cardiovascular fitness while improving muscular strength and endurance. You can learn proper exercises techniques in this class while we push your limits and make you feel stronger.

Power Yoga: Our most challenging yoga class offered. The benefits in this class include building internal heat, stress reduction, increased stamina, strength and flexibility. All levels are encouraged to participate. Instructor provides modifications if necessary. Spin bikes available in these spin classes and you can reserve your bike up to one day in advance of the class. All levels welcome.

Functional Fitness: This class will teach participants how to achieve and maintain a level of functional fitness. The focus will be on muscular strength and endurance, cardiovascular efficiency, joint flexibility and balance.

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