

Post-Rehab Personal Training

Certified post-rehab specialists provide functional training support for post-rehab clients. Shoulder, elbow, wrist, hip, knee, ankle and back programs. Hypertension, diabetes, obesity, and other medical conditions. All trainers have Medical Exercise Specialist certifications through the American Academy of Health, Fitness and Rehabilitation Professionals. Discount packages for 12, 24 and 36 one-hour sessions prepaid.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Post-Rehab Specialists	\$60 per hour \$40 per half-hour

PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	\$150	(SAVINGS \$30)
12 SESSIONS	\$600	(SAVINGS \$120)
24 SESSIONS	\$1,080	(SAVINGS \$360)
36 SESSIONS	\$1,440	(SAVINGS \$720)

Sports Performance Training

Advanced training for improved sports performance. Develop speed, agility and quickness. Comprehensive fitness testing and full program prescription included. Contact Bill Rothschild, CSCS for initial appointment at 646-3492 or Rothschi@ci.monterey.ca.us.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$60 per hour \$40 per half-hour

Pilates/Yoga One-on-One (Private, Semi-Private and Small Group Sessions)

Certified instructors will guide you through an individualized Pilates workout or Yoga practice. Call 646-3739 to schedule an appointment.

For ages 14 and older.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Studio I&II	Certified Staff	<p>Private: Instruction is one student to one instructor. Fee: \$75 per hour session</p> <p>Semi-Private: Instruction is two students to one instructor. MSC does not pair participants. Fee: \$45 per person for each hour session.</p> <p>Group: Fee varies per person depending on group size. MSC does not group participants.</p>

MSC Group Exercise

CLASS SCHEDULE

The Monterey Sports Center offers a wide variety of group exercise classes including step, hi/low, Turbo Kick, group cycling, BOSU, stability ball, circuit training, body sculpting, NIA, Zumba, Pilates, yoga, and much more! Classes are scheduled from 6:00am until 9:00pm on weekdays and from 8:00am to 1:30pm on weekends. With two group exercise studios to choose from, there is truly something for everyone. The current schedule is available at the Monterey Sports Center or visit our website at www.monterey.org/sportscenter/. Please read below for detailed group exercise class descriptions and fees. Please note, classes and instructors are subject to change without notice.

The Monterey Sports Center will offer a special holiday group exercise class schedule on the following holidays:

- Monday, January 18, Martin Luther King, Jr. Day
- Monday, February 15, President's Day
- Monday, May 31, Memorial Day

These schedules will be posted at the Sports Center a week before each holiday is to commence.



CLASS INFORMATION:

AGES: 14 and older
 LOCATION: Monterey Sports Center
 INSTRUCTOR: Certified Staff Instructor
 FEES: Monthly Group Exercise Pass
 (Land, aquatic & cycling classes)

Monterey City Resident

\$28-4 classes
 \$38-8 classes
 \$42-12 classes
 \$45-16 classes
 \$48-20 classes
 \$54-26 classes

Other City Resident

\$34-4 classes
 \$44-8 classes
 \$48-12 classes
 \$51-16 classes
 \$54-20 classes
 \$60-26 classes

OR \$5 Drop-in fee per class plus admission fee or EUP. No additional fee when you have an EUP and Group Exercise Stamp/Pass.

NOTE: Please bring a towel to class. Group exercise Passes are valid for the duration of one month.

Complete Fitness Program: Includes one hour of personal training, unlimited classes, facility use and towel service. Start-up program fee of \$50.

Adult	\$51 per month
Senior	\$36 per month
Corporate	\$47 per month
Family	\$73 per month

NOTE: Please arrive no earlier than 15 minutes before class begins.

CLASS DESCRIPTIONS:

AQUABIKE (All Levels): A multisport training class for those interested in swimming and biking. Swim (20-25 minutes), bike (30 minutes in Studio II), followed by core work and stretching.

BALLAST BALL WORKOUT (All Levels): Using the Ballast stability ball, increase core strength, flexibility, proper body alignment, and tone all of the major muscle groups.

BARRE SCULPT (All Levels): Inspired by ballet, lengthen, define, and tone the outer body while activating inner core muscles.

BELLY DANCE WORKOUT (All Levels): An easy to follow, fun, hip shaking way to burn calories! Tone hips, abs and arms in this lively class.

BOSU: CARDIO CRAZY (All Levels):: Using the BOSU balance trainer, challenge your cardio fitness while improving balance, agility, coordination, and athletic power.

BOSU: CARDIO SCULPT (All Levels): Intervals cardio drills, strength training, and core stabilization using the BOSU balance trainer.

BOXING WORKOUT (All Levels): Includes shadow boxing, contact boxing, jump rope, kicking, sparring, sports drills, and core work.

CONTROLOGY (All Levels): All of the original 34 exercises created by Joseph Pilates are taught in their intended order with the required number of repetitions. Modifications are given to accommodate all levels.

CORE BASICS (All Levels): Designed to strengthen and balance the core body including abdominals, obliques, gluteals and muscles of the back, shoulders and chest.

CYCLE SCULPT (All Levels): Intervals cycling and body sculpting.

FUNCTIONAL STRENGTH (All Levels): Strengthen, define and sculpt your body with exercises that incorporate core and balance training.

GROUP CYCLING (All Levels): Led by our certified instructors, go for the ride of your life!

GROUP CYCLING - FOUNDATIONS (Beginning): For all fitness levels, this class covers the basics of group cycling.

HEALTHY START (Beginning): A gentle aerobic and muscle toning class geared for beginning exercisers, seniors, pre-/post-natal women, and those concerned about osteoporosis.

HI/LOW RECHARGE (All Levels): Heart thumping, energy-pumping hi/low impact aerobics with intervals of strength training.

MINDFUL YOGA (All Levels): While moving through yoga asanas, learn how to stay present while focusing on breath, sensations in your body and thought processes that exist and change from moment to moment.

MUSCLE BASICS (All Levels): Designed to tone and strengthen all major muscle groups of the body.

NIA AEROBICS (All Levels): Creative, barefoot non-impact aerobic movement blending principles and concepts from martial arts, dance, Tai Chi, and yoga.

OUTDOOR BOOTCAMP (All Levels): Using the outdoors as a playground, push you body to the limit by going from one drill to the next with no rest. Work, sweat and best of all, burn calories like crazy! Class meets in lobby.

PILATES MAT (All Levels): Pilates is a mind/body technique that focuses on strengthening, lengthening, and balancing the core muscles of the body. The mat method develops abdominal and low back strength, flexibility and body awareness.

POWER YOGA (All Levels): A heat-building class that combines breath work, strength, balance and flexibility in the postures performed. In power yoga, poses (asanas) are mindfully held longer to develop strength and endurance.

RESTORATIVE PILATES (All Levels): Pilates mat exercises modified to stretch and strengthen the core for those with osteoporosis, arthritis, back problems or other health issues.

RESTORATIVE YOGA (All Levels): Restore what you have lost over time, whether it be flexibility, balance or peace of mind. This class focuses on breath while using traditional yoga asanas to help prevent and heal injuries, ailments and body imbalances.

SPORTS STRETCH (All Levels): This 15-minute complimentary class focuses on stretching to restore length and flexibility to muscles commonly tight in athletes.

STEP & SCULPT (All Levels): 45 minutes of step followed by 15 minutes of body sculpting.

TAI CHI FOR HEALTH (All Levels): A Yang style Tai Chi class designed to improve breathing, coordination and balance.

TOTAL BODY CONDITIONING (All Levels): A total body workout combining intervals of cardiovascular training (either step, aerobics, BOSU, or kickboxing) and body sculpting.

TURBO KICK (All Levels): Turbo Kick is the ultimate cardiovascular challenge! Consists of easy to follow kickboxing combinations, bouts of intense cardio intervals, strength training, and a relaxing cool-down.

UPPER CUTS (All Levels): This 15-minute complimentary class focuses on strengthening and toning muscles of the upper body.

VO2 MAX (All Levels): A highly cardiovascular step workout integrating strength training and core work.

YIN YOGA (All Levels): A quiet, deeply reflective practice utilizing long held poses to stimulate Chi health flow along the meridians of the body.

YOGA (All Levels): Hatha yoga postures are practiced with an emphasis on breath, stability, and mobility to facilitate mind-body balance.

YOGA FLOW I (All Levels): Sweat and have fun in this highly energetic flow style yoga class.

YOGA FLOW II (Intermediate): This powerful class includes more advanced arm balances and inversions.

ZUMBA (All Levels): A Latin dance-inspired cardio workout. Easy to follow and fun, ZUMBA is the hottest trend in fitness!

ZUMBA TONING (All Levels): Zumba dance movements are performed with light hand weights to sculpt and tone the whole body.



Pilates Reformer Group Classes Level I & Level II (Instructor permission required for Level II)  (Level 1 only)

This small group class is an extension of Pilates mat work. The Allegro Reformer is used to provide added assistance or resistance to the core strengthening exercises performed. Each participant works on their own reformer.

For ages 14 and older.

DAY	LEVEL	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
M	I	10:30-11:30am	Dec 7-Dec 14	Studio II	Staff	\$42.50	\$46.50	52050-A
M	I	10:30-11:30am	Jan 4-Jan 25	Studio II	Staff	\$85	\$93	52050-B
M	I	10:30-11:30am	Feb 1-Feb 22	Studio II	Staff	\$85	\$93	52050-C
M	I	10:30-11:30am	Mar 1-Mar 22	Studio II	Staff	\$85	\$93	52050-D
M	I	10:30-11:30am	Mar 29-Apr 19	Studio II	Staff	\$85	\$93	52050-E
M	I	10:30-11:30am	Apr 26-May 17	Studio II	Staff	\$85	\$93	52050-F
M	I	10:30-11:30am	May 24-Jun 14	Studio II	Staff	\$85	\$93	52050-G
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Tu	I	6:45-7:45pm	Dec 8-Dec 15	Studio II	Staff	\$42.50	\$46.50	52054-A
Tu	I	6:45-7:45pm	Jan 5-Jan 26	Studio II	Staff	\$85	\$93	52054-B
Tu	I	6:45-7:45pm	Feb 2-Feb 23	Studio II	Staff	\$85	\$93	52054-C
Tu	I	6:45-7:45pm	Mar 2-Mar 23	Studio II	Staff	\$85	\$93	52054-D
Tu	I	6:45-7:45pm	Mar 30-Apr 20	Studio II	Staff	\$85	\$93	52054-E
Tu	I	6:45-7:45pm	Apr 27-May 18	Studio II	Staff	\$85	\$93	52054-F
Tu	I	6:45-7:45pm	May 25-Jun 15	Studio II	Staff	\$85	\$93	52054-G
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Th	II	9:15-10:15am	Dec 10-Dec 17	Studio II	Staff	\$42.50	\$46.50	52052-A
Th	II	9:15-10:15am	Jan 7-Jan 28	Studio II	Staff	\$85	\$93	52052-B
Th	II	9:15-10:15am	Feb 4-Feb 25	Studio II	Staff	\$85	\$93	52052-C
Th	II	9:15-10:15am	Mar 4-Mar 25	Studio II	Staff	\$85	\$93	52052-D
Th	II	9:15-10:15am	Apr 1-Apr 22	Studio II	Staff	\$85	\$93	52052-E
Th	II	9:15-10:15am	Apr 29-May 20	Studio II	Staff	\$85	\$93	52052-F
Th	II	9:15-10:15am	May 27-Jun 17	Studio II	Staff	\$85	\$93	52052-G
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Sa	I	9:45-10:45am	Dec 12-Dec 19	Studio II	Staff	\$42.50	\$46.50	52053-A
Sa	I	9:45-10:45am	Jan 9-Jan 30	Studio II	Staff	\$85	\$93	52053-B
Sa	I	9:45-10:45am	Feb 6-Feb 27	Studio II	Staff	\$85	\$93	52053-C
Sa	I	9:45-10:45am	Mar 6-Mar 27	Studio II	Staff	\$85	\$93	52053-D
Sa	I	9:45-10:45am	Apr 3-Apr 24	Studio II	Staff	\$85	\$93	52053-E
Sa	I	9:45-10:45am	May 1-May 22	Studio II	Staff	\$85	\$93	52053-F
Sa	I	9:45-10:45am	May 29-Jun 19	Studio II	Staff	\$85	\$93	52053-G

Triathlon Training 

Designed for all fitness levels interested in individualized and focused triathlon training. Workouts will be based on each person's needs and goals. Class meets on pool deck.

For ages 14 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
M,W	7:00-8:30pm	Jan 6-Feb 12	Sports Center	Staff	\$185	\$193	52060-A
M,W	7:00-8:30pm	Feb 17-Mar 26	Sports Center	Staff	\$185	\$193	52060-B
M,W	7:00-8:30pm	Mar 31-May 7	Sports Center	Staff	\$185	\$193	52060-C
M,W	7:00-8:30pm	May 12-Jun 18	Sports Center	Staff	\$185	\$193	52060-D