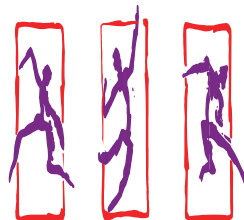




# GROUP EXERCISE & CYCLING

## Effective February 1, 2010

301 East Franklin Street, Monterey, CA 93940 (831) 646-3730  
 www.monterey.org/sportscenter Facebook Monterey Sports Center



Yoga classes  
are shaded.

### STUDIO I CLASS SCHEDULE (Main Floor)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW TIME! 5:45 - 7:00 a.m.		Boxing Workout		NEW! 6:00 - 7:00 a.m. Yoga Flow	BOSU: Cardio Sculpt		
7:15 - 8:15 a.m.	Yoga		7:15 - 8:30 a.m. Mindful Yoga		Yoga		
8:00 - 9:00 a.m.		Yoga Flow		Yoga			
8:15 - 9:15 a.m.						V02 Max	
9:15 - 10:15 a.m.	V02 Max	Muscle Basics	Ballast Ball Workout	Functional Strength	T.B.C.	9:00 - 10:00 a.m. <b>Outdoor Bootcamp</b> (meets in front lobby)	
9:30 - 10:30 a.m.						9:30 - 10:45 a.m. Yoga Flow	
10:30 - 11:30 a.m.	Healthy Start	Zumba	Restorative Yoga	Yin Yoga	NEW! Zumba Toning		
11:00 - 12:00 p.m.						Pilates Mat	Yoga
12:15 - 1:15 p.m.	Power Yoga	12:15 - 1:00 p.m. Zumba Toning	12:15 - 1:00 p.m. Core Basics	12:15 - 1:00 p.m. Zumba	Restorative Yoga	NEW! Zumba	Pilates Mat
4:15 - 5:15 p.m.	Step & Sculpt	Ballast Ball Workout	T.B.C.	Zumba	NEW! Zumba		
5:30 - 6:30 p.m.		<b>BEGINS MARCH 16TH</b> <b>Outdoor Bootcamp</b> (meets in front lobby)					4:00 - 5:00 p.m. Zumba
5:30 - 6:30 p.m.	Cardio Kickbox	T.B.C.	Power Yoga	Muscle Basics	5:30 - 6:45 p.m. Yoga Flow II		
6:45 - 7:45 p.m.	Pilates Mat	Yoga	Pilates Mat	Boxing Workout			
8:00 - 9:00 p.m.	NEW! Zumba		Zumba				

### STUDIO II CLASS SCHEDULE (2nd Floor)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 a.m.	Group Cycling	NEW! 5:45 - 6:30 a.m. Cycle Express	Cycle Sculpt	5:45 - 7:00 a.m. Group Cycling/Abs		NEW! 7:30 - 8:15 a.m. Cycle Express	
8:00 - 9:00 a.m.	NIA Aerobics	NEW! 6:30 - 7:00 a.m. Upper Cuts	NEW! Zumba	8:00 - 8:45 a.m. Restorative Pilates	NEW! 8:00 - 9:00 a.m. Cycle Sculpt	NEW! 8:30 - 9:30 a.m. Cycle Sculpt	
9:15 - 10:15 a.m.	Pilates Mat	NEW! BOSU: Cardio Sculpt	Hi/Low Recharge		Group Cycling		9:30 - 10:30 a.m. Group Cycling: Foundations/Abs
10:30 - 11:30 a.m.		Pilates Mat	Group Cycling: Foundations/Abs		Healthy Start	NEW DAY & TIME! 11:00 - 12:00 p.m. Belly Dance Workout	NEW! 11:00 - 12:00 p.m. Barre Sculpt
12:15 - 1:15 p.m.	Pilates Contrology	Group Cycling/ Upper Cuts		Group Cycling/ Upper Cuts	Pilates Mat		
4:15 - 5:15 p.m.	Yoga Flow II	NIA Aerobics	NEW! 4:30 - 5:15 p.m. Cycle Express	Pilates Mat	Barre Sculpt		NEW! 3:30 - 4:30 p.m. Group Cycling
5:30 - 6:30 p.m.	Group Cycling	Group Cycling	Group Cycling/ Upper Cuts	Aquabike	Group Cycling/ Upper Cuts		NEW! 4:30 - 5:00 p.m. Sports Stretch
6:45 - 7:30 p.m.	NEW! Cycle Express			Cycle Express			
7:30 - 7:45 p.m.	NEW! Sports Stretch			7:30 - 8:00 p.m. Yoga Stretch			

Classes and instructors subject to change without notice. Please see reverse for fees and class descriptions.

# CLASS DESCRIPTIONS

**AGES:** 14 and older

**LOCATION:** Monterey Sports Center

**FEE OPTIONS:** Complete Fitness Program, Monthly Group Exercise Pass, \$5 class fee with facility drop-in fee, or Extended Use Pass with 10-visit class pass or unlimited class stamp

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

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

**Monthly Group Exercise Pass:** Towel service not included. Valid for the duration of one month.

Monterey City Resident:	Other City Resident:
4 classes \$28.00	4 classes \$34.00
8 classes \$38.00	8 classes \$44.00
12 classes \$42.00	12 classes \$48.00
16 classes \$45.00	16 classes \$51.00
20 classes \$48.00	20 classes \$54.00
26 classes \$54.00	26 classes \$60.00

The Monterey Sports Center will offer a special holiday class schedule on:

**Monday, February 15th**  
**Monday, May 31st**

**President's Day**  
**Memorial Day**

**AQUABIKE (All Levels):** Meets on pool deck. A multisport training class that includes 25 - 30 minutes of cycling, 20 - 25 minutes of swimming, core work, and stretching.

**BALLAST BALL WORKOUT (All Levels):** Using the **Ballast** stability ball, increase core strength, balance, 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 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.

**CARDIO KICKBOX (All Levels):** Punch and kick your way to a high energy, cardio intensive, full body workout. Includes 15 minutes of body sculpting and abdominal work.

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

**CYCLE EXPRESS (All Levels, Look & SPD compatible pedals):** A quick and intense cardio workout.

**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, Look & SPD compatible pedals):** Lead by our certified instructors, go for the ride of your life!

**GROUP CYCLING: FOUNDATIONS (All Levels, Look and SPD compatible pedals):** Covers the basics of group cycling.

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

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

**MINDFUL YOGA (All Levels):** Designed to enhance the mind/body connection in your yoga practice.

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

**NIA AEROBICS (All Levels):** Dance your way to fitness and increased flexibility in this inspiring, soulful, non-impact aerobic class.

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

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

**PILATES MAT (All Levels):** Focusing on the core or "powerhouse" of the body, Pilates mat exercises are designed to develop abdominal and back strength, flexibility, and body awareness.

**POWER YOGA (All Levels):** A heat-building class that combines breath work, strength, balance and flexibility. Poses (asanas) are held longer to help develop strength, body awareness, 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):** This class focuses on breath work and uses gentle yoga asanas to help prevent and heal injuries, ailments, and body imbalances.

**SPORTS STRETCH (All Levels):** Using your own body weight, foam rollers, and dynabands, Self-Myofascial Release (SMFR or self massage) techniques are provided to help improve flexibility, function, performance, and reduce injuries.

**STEP & SCULPT (All Levels):** 45-minutes of step, 15-minutes of sculpt.

**T.B.C. (i.e. Total Body Conditioning, All Levels):** A total body workout combining intervals of cardio (step, hi/low or BOSU) and body sculpting.

**TURBO KICK (All Levels):** Fun and easy to follow kickboxing combinations and cardio or "turbo" intervals all set to great music.

**UPPER CUTS (All Levels):** Strengthens and tones the muscles of the upper body and core.

**V02 MAX (All Levels):** A highly cardiovascular step workout that integrates strength training and core work.

**YIN YOGA (All Levels):** A quiet, deeply reflective practice utilizing long held poses (3-5 minutes) to stimulate chi health flow along the meridians of the body. Strengthens connective tissues and joints.

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

**YOGA FLOW (All Levels):** Have fun while sweating in this energetic and powerful flow style yoga class.

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

**YOGA STRETCH (All Levels):** Restores length and flexibility to muscles commonly tight in athletes.

**ZUMBA (All Levels):** Ditch the routine, join the party! Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

**ZUMBA TONING (All Levels):** Easy to follow Zumba dance moves with light hand weights designed to sculpt and tone the whole body.