

Scripps Ranch Swim and Racquet Club Presents:



Fitness



*Monday, Nov 25 through
Dec 31, 2019*



	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	MetaFit (HIIT) 30m w/ Joanne	Butts & Guts 30m w/ Heidi	MetaFit (HIIT) 30m w/ Joanne	Butts & Guts 30m w/ Heidi	MetaFit (HIIT) 30m w/ Anda
6:00am	Cardio-Sculpt 60m w/ Joanne	Yoga Sculpt 60m w/ Marisol	Spin & Power Core 60m w/ Heidi & Joanne	Yoga Sculpt 60m w/ Marisol	Spin+ Power Core 60m w/ Marcella
7:30am	Zumba Triad 55m w/ Ruth	Zumba Triad 55m w/ Roberta	Mat Pilates 55m w/ Janis	Zumba 45m w/ Ruth	Zumba 45m w/ Roberta
8:30am	Water Fit Strength 60m w/ Deanna	Water Fit HIIT 60m w/ Deanna	Water Fit Strength 60m w/ Deanna	Water Fit HIIT 60m w/ Deanna	Water Fit 60m w/ Val
8:30am	Mat Pilates 55m w/ Janis	HIIT/Plus 50m w/ Jamie	Yoga Flow & Stretch 60 m w/ Kirsten	Core Challenge Stretch & Release 60m w/ Vickie	Gentle Yoga 60m w/ Kim D
9:00am			Essentrics 60m <i>El Mirador</i> w/ Shannon		
9:30am	Strong 30 30m w/ Heidi	Spin 45m w/ Shauna	Power Hour 55m w/ Heidi	Spin 45m w/ Shauna	Turbo Kick Extreme 55m w/ Heidi
10:00am	Upper Body & Core 25m w/ Heidi				
10:30am	Forever Flow Yoga 50m w/ Jacqueline	Vinyasa Flow 60m w/ Domenica		Power Yoga Flow 55m w/ Jacqueline	Forever Fit 50m w/ Jacqueline
11:30am		MELT Method 60m w/ Shauna		MELT Method 60m w/ Shauna	See Special Holiday Schedule
4:00pm	Spin 50m w/ Shauna	MELT 50m w/ Shauna	Spin 50m w/ Shauna	Power Pilates 50m w/ Heidi	
5:00pm	Boot Camp 45m w/ Jamie	Power Pilates 50 m w/ Heidi	Yoga Sculpt 50m w/ Marisol G	Power Hour 50m w/ Heidi	
6:00pm	Vinyasa Flow 50m w/ Michelle D	Build & Burn 50m w/ Jamie	Restorative Yoga 50m w/ Sonia	Gentle Flow 50m w/Kimberly	
7:00pm	MELT Method 60m w/ Shauna	Essentrics 60m w/ Alane			

	Saturday		Sunday
7:00am	Spin 45m w/ Jan	8:00am	Boot Camp 60m w/ Gina & Lauryn
8:00am	Cardio Strength Combo 55m w/ Dorian	9:15am	Mat Pilates 55m w/ Yoshi
9:00am	Vinyasa Flow 60m w / Britany	10:15am	Eccentrics 60m w/ Shannon
	Water Fit Strength 60m w/ Deanna	4:00pm	Zumba 55m w/ Roberta & Rachel
10:15am	Spin + Power Core 60m w/ Monica	5:00pm	Vinyasa Flow 60m w/ Shannon
4:00pm	Family Yoga 11/16 & 30th 45m w/ Jacqueline		

All Spin classes are
FREE to Members

**BIKES
MUST BE RESERVED**

*Sign up on MindBody
By searching*

"Fit-X Fitness Scripps Ranch Swim & Racquet Club"

Water

Cardio & Strength

Essentrics

MELT

Mind-Body

Spin

Scripps Ranch Swim and Racquet Club Presents:

GIVING

IS IN SEASON YEAR-ROUND



Bring your cans to class!

SRSRC is hosting its first annual food drive for the San Diego Food Bank.

We invite you to participate by bringing non-perishable food &

depositing it in the red receptacle, either in the lobby or in our group fitness room.

We will accept donations from Monday, November 25 through December 31, 2019



For more ways to donate please visit sandiegofoodbank.org.

Scripps Ranch Swim and Racquet Club Presents:



Holiday Schedule

Turkey Bird

Thursday, November 28th

7 - 7:50 am	MetaFit Plus	Joanne
8 - 8:50 am	Spin	Gina
9 - 9:50 am	Burn the Bird (Cardio/Strength Intervals)	Dorian
10 - 11 am	Power Yoga (Gratitude Flow)	Jacqueline

Black Friday Solution

Friday, November 29th

8 - 8:50 am	Boot Camp	Marcella
9 - 9:50 am	Spin	Janis
9 - 10 am	Water Fit HIIT	Deanna G
10 - 10:50 am	Yoga Sculpt	Jacqueline
11 - 12 pm	Essentrics®	Alane



Scripps Ranch Swim and Racquet Club

Class Descriptions

ABS Flow : ABS Flow engages every muscle in the body by incorporating yoga postures with strong energetic transitions. Build balance, flexibility & experience joyful freedom on the board. Post workout - more energy, tighter core & a lighter spirit.

ABS Strength : Put your fitness to the test with ABS Strength. HIIT, Yoga, Pilates and Resistance band work will be performed on the Aqua Body Strong board. You'll burn calories, increase strength, balance, endurance, and focus while having the time of your life.

Water Fit : Aqua Fit is a refreshing and challenging water work out. It is fit for all ages, especially those with ailments or injuries. You will enjoy vigorous cardio training exercises using your own body weight, along with resistance dumbbells and water noodles for toning.

(Please review flyer for all AquaFit format descriptions)

Best: Balance, Energy, Strength and Training

Bootcamp : A balance of cardio, resistance training & functional flexibility with high intensity sport drills including plyometric movements.

Burn & Build : Great for anyone looking to get lean, sculpted, & feeling great fast! Using light to moderate weights with many repetitions in specific muscle groups will increase core strength, shape your entire body & achieve the ultimate athletic build.

Butts & Guts : A challenging variety of abdominal & core exercises to strengthen your midsection while glute focused moves work your backside.

Butts & Guts will, strengthen your core & lower back, tighten & tone hips, isolate hamstrings, glutes, quadriceps & offer a variety of exercises to keep you coming back for more.

Cardio - Sculpt : A total body workout for both muscular strength & endurance. A continuous movement that keeps the heart rate up using a variety of equipment. This workout will leave you feeling strong & energized.

Cardio Strength Combo : A rigorous full-body workout that gets your heart pumping and muscles moving. You will feel the burn in all areas of your body

Core Challenge : Quick moving short circuits to incorporate strength building, muscle lengthening and posture exercises, using very light resistance and body weight.

Eccentrics : Strengthens & stretches every muscle in the body eccentrically, rebalancing the muscular structure in Continuous rotational movements. It incorporates various techniques including PNF & isotonic movement while systematically working every joint in the body.

Forever Fit : Challenge your current fitness level through fun, energizing, LOW IMPACT, movements. Each exercise is modified to work each class participants health & fitness level. This is perfect if you are recovering from an injury or simply looking for a slower paced, strengthening workout.

HIIT : High-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heartrate up & burns more fat in less time.

HIIT Plus : Take your bodies through a 25 minute HIIT (High Intensity Interval Training) session characterized by bursts of intense activity followed by short periods of recovery. Then finish the class with varying strength workouts, Focusing on the different major muscle groups in the body.

This type of training pushes boundaries & challenges all levels of fitness.

MELT Method : A simple self-treatment technique that helps prevent pain, heal injury & erase the negative effects of aging active living. Using MELT Hand & Foot Treatment Balls & a MELT Soft Roller, you can learn how to reduce joint pain & muscle tension with self-treatment techniques that rehydrate your connective tissue & rebalance your nervous system. Improve flexibility, balance, posture & core strength as you reduce everyday aches & pains. Discover how to make your body feel better & stay active & pain-free for a lifetime.

MetaFit : Formed by a former Royal Marine Commando and an international gymnast in 2010, MetaFit is the original group X HIIT workout. 30 minutes of non choreographed, bodyweight only workouts that set your metabolism on fire.

MetaFit Plus : Is a high intensity, full body workout you will move at a rate that is ideal for calorie burning . A mix of body strength exercises, cardio moves & weight training. You can expect to be challenged in a different way with each class!

Pilates Mat : A challenging yet safe method to sculpt your body & feel increased agility in your everyday movements.

Power Hour : A full body workout that uses weights, resistance bands, & kettlebells to build strength & power.

Power Pilates : Designed to streamline your body by using your own body weight to increase muscle, gain flexibility, obtain balance & increase core strength doing a series of challenging movements. This is a faced paced class that will challenge your entire body.

Spin : Intense athletic cardio training class on a stationary bike.

(Please review flyer for all Spin format descriptions)

Spin & Power Core : Intense athletic cardio training class on a stationary bike. Finish off class with a powerful sequence to strengthen your core.

Stretch and Release : Stretch & flexibility focus to encourage joint mobility, health & proper range of motion.

Final relaxation at 9:20am with passive chest & hip opening.

Strong 30 : Strong combines body weight, muscle conditioning, cardio & plyometric training moves synced to original music that has been specifically designed to match every single move.

Tabata Interval Training : Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time.

Turbo Kick Extreme : A challenging class blending Turbo Kick, HIIT and Strength Training.

Upper Body & Core : Blast your upper body & strengthen your core in this short yet effective class.

Yoga : Yoga is a group of physical, mental & spiritual practices or disciplines which originated in ancient India.

(Please review flyer for all Yoga format descriptions)

Yoga Sculpt : Yoga Sculpt is a combination of free weights with power yoga sequencing and cardio burst exercises to give you maximum calorie burn. Each class starts with a 15 minute power yoga warm up followed by 30 minutes of weight training. A 15 minute Yoga cooldown with end the class.

Zumba : Burn calories and have fun with Latin inspired dance moves suitable for all.

(Please review flyer for all Yoga format descriptions)

Scripps Ranch Swim and Racquet Club Presents:

Essentrics

Tuesdays

w/ Alane

Classes start October 8th

7–8 pm

Wednesdays

w/ Shannon

9 –10 am

El Mirador

Sundays

w/ Shannon

10:15 - 11:15 am

Strengthens & stretches every muscle in the body eccentrically, rebalancing the muscular structure in Continuous rotational movements. It incorporates various techniques including PNF & isotonic movement while systematically working every joint in the body.



Scripps Ranch Swim and Racquet Club Presents:

Spin

Mondays

4 - 4:50 pm

Spin

w/ Shauna

Tuesdays

9:30 - 10:15 am

Spin

w/ Shauna

Wednesdays

6 - 7 am

Spin & Power Core

w/ Heidi & Joanne

4 - 4:50 pm

Spin

w/ Shauna

Thursdays

9:30 - 10:15 am

Spin

w/ Shauna

Fridays

6 - 7 am

Spin + Power Core

w/ Marcella

Saturdays

7 - 7:45 am

Spin

w/ Jan P

10:15 - 11:15 am

Spin + Power Core

w/ Monica



Bikes must be RESERVED

Scripps Ranch Swim and Racquet Club Presents:

Zumba

Zumba Triad

Mondays	7:30 - 8:25 am	w/ Ruth
Tuesday	7:30 - 8:25 am	w/ Roberta

Burn calories & have fun with Latin inspired dance moves suitable for all Equal parts cardio, resistance training & functional flexibility with high intensity moves.

Zumba

Thursdays	7:30 - 8:15 am	w/ Ruth
Fridays	7:30 - 8:25 am	w/ Roberta
Sundays	4:00 - 4:55 pm	w/ Roberta & Rachel

Each full body workout consists of warm up, higher paced intervals & easy to follow combinations. All the fun of Zumba with extras!!!



Water Fit Classes

Mondays

Water Fit Strength

w/ Deanna

8:30 - 9:30 am

5 - 6 pm

Tuesdays

Water Fit HIIT

w/ Deanna

8:30 - 9:30 am

Wednesdays

Water Fit Strength

w/ Deanna

8:30 - 9:30 am

Thursdays

Water Fit HIIT

w/ Deanna

8:30 - 9:30 am

Fridays

Water Fit

w/ Val

8:30 - 9:30 am

Saturdays

Water Fit Strength

w/ Deanna

9 - 10 am

Enjoy the Ultimate in Non-Impact Pool Exercise!

Water Fit is a refreshing & challenging water work out. It is fit for all ages, especially those with ailments or injuries. You will enjoy vigorous cardio training exercises using your own body weight, along with resistance dumbbells & water noodles for toning.

Water Fit HIIT has transformed your water workout into an exciting high energy class that will leave your body feeling worked & you feeling recharged! Get your heart rate up & your body conditioned without the demanding forces that gravity that land-based exercises include. Give your joints a break & have some fun in the sun with these classes. Equipment is provided & camaraderie is shared. Please make sure you bring water!

Water Fit Strength Classes will be focused on using heavier weights so you will build that muscle & get that lean body without the demanding forces of gravity that land-based workouts have. Workouts may include boot camp style classes. Come have some fun in the water! Please note that you do not have to use heavier weights to be in this class do what feels good for you. Equipment is provided & camaraderie is shared. Please make sure you bring water!

WARNING : YOU MAY HAVE A BLAST AND CRAVE MORE!

