

FALL AEROBIC STUDIO SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:45-8:30am The Basics Breena		7:45-8:30am The Basics Breena			
8:30-9:30am On The Ball Val	8:35-9:35am Vinyasa Yoga Robert	8:15-9:15am Pilates I Stephanie	8:35-9:35am Yoga Robert	8:30-9:30am Pilates II Stephanie	8:30-9:30am Cardio Jazz Susan	8:30-9:30am Afro Braz Samba Joanne
9:45-10:45am Fit Fun Amy	9:45-10:45am Shape Up Dan	9:30-10:30 Zumba CeCe	9:45-10:55am On the Ball Val	9:30-10:30am Shape Up Dan	9:30-10:30am Core Strength Anna	9:30-10:45 Yoga Maura
11:00-12:00pm Vinyasa Yoga Joy		10:45-11:45am Gentle Yoga Maura		10:45-12:00pm Adv. Vinyasa Carol	10:30-12:00pm Vinyasa Yoga Rowan	
	12:00-1:00pm Stretch Susan		12:00-1:00pm Stretch Susan			
	3:30-4:15pm Fit Kids Joy		3:30-4:15pm Fit Kids Tami			
4:00-5:00pm Pilates I Susan		4:00-5:00pm Pilates II Susan				
	5:00-6:00pm Body Sculpt Juliana	5:00-6:00pm Cardio Jazz Susan	5:00-6:00pm Cardio Dance Joanne			
6:05-7:05pm Cardio Jazz Anna	6:05-7:05pm Yoga Lyn	6:05-7:05 Qi Gong Robert	6:05-7:05pm Yoga 101 Robert			

FALL POOL SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00am Aqua Splash Debora		8:30-9:00am Aqua Splash Debora		8:00-9:00am Aqua Sculpt Robert		

CIRCUIT GYM FALL SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00pm Circuit Train Jeff			5:00-6:00pm Circuit Train Jeff		9:00-10:00am Circuit Train Jeff	

The SPINNING® Indoor Cycling Program (Fall) Don't forget to sign up ½ hour before class and bring a bottle of water						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am Corkey 8:30am Danielle	5:45am Brooke 8:30am Mandy	5:45am Corkey 8:30am Danielle	5:45am Brooke 8:30am Debora	5:45am Quannah 8:30am Val	8:00am Mandy 9:15am Mark	8:30am Mark
4pm Val 6:00pm Robert	11am Val 5:00pm Robert	4:00pm Corkey 6:00pm Debora	11:00am Mandy 5:00pm Debora 7:05pm Robert			

FALL HIKES Mondays with Robert-Check front desk for times Note That Classes/Teachers Are Subject To Change Without Notice.
September 9, 2010 Edition

OJAI VALLEY ATHLETIC CLUB

409 South Fox Street

Ojai, CA 93023

(805) 646-7213

www.wcaclubs.com

Cardiorespiratory & Cardio Combo Classes:

Shape Up: Strength and cardio exercises to sculpt and strengthen your body while improving core musculature. ♦♦♦

Fit Fun: Energetic and fun workout that will dynamically challenge your entire body while toning and building overall strength. ♦♦♦

Body Sculpt: An invigorating cardio plus strength workout designed to help you look and feel good. ♦♦♦

Spinning: Stationary indoor bicycle class that simulates hills, jumps and flat rides. You must sign up 30 minutes prior to class. ♦♦♦

Strength Classes:

On the Ball: Physio balls are used for this sculpting class to improve balance, strength and muscle tone. ♦♦♦

Bosu Strength: Bosu balance trainers are used to sculpt and strengthen your body while improving core musculature. ♦♦♦

Core Strength: Mat-based class focusing on strengthening the core (abdominal/trunk/hip area). ♦♦

Pilates I: An excellent opportunity to strengthen core muscles and increase total body flexibility. Beginner to Intermediate ♦♦

Pilates II: An excellent opportunity to strengthen core muscles and increase total body flexibility. Intermediate to Advanced ♦♦♦

Pilates 101: Learn the essentials of pilates to strengthen core muscles and increase total body flexibility. Great beginner class. ♦♦

Low Impact Classes:

Aqua Splash: This aquatic class will get your hearts pumping and muscles burning with little or no impact on the joints. ♦

Aqua Sculpt: This aquatic class will focus on toning the body without putting undue stress on the joints. ♦

Hike: Meet at OVAC for guided outdoor local hikes exploring the Ojai backcountry. ♦♦

Stretch: Total body stretch and relaxation to help increase flexibility and reduce stress. ♦

Cardio Jazz: Easy to follow, energetic and fun dance class with an emphasis on cardiovascular training. ♦

Zumba: International music sets the pace for a fun fusion of body sculpting movements with easy to follow dance steps. ♦♦

Afro Brazilian Samba: Fast-paced class using various dance forms of dance. ♦

Mind/Body Classes:

Vinyasa Yoga: Dynamic flowing poses to increase strength and flexibility. Intermediate to advanced students. ♦♦♦

Advanced Vinyasa Yoga: As described above but with an increased level of difficulty. ♦♦♦

Yoga: Cultivate the quality of being grounded, centered, expansive and at ease through a variety of yoga forms. ♦♦

Maura Sunday Morning Yoga: Ongoing class with mixed-level participants that focuses on yoga technique. Difficulty varies. ♦♦

Lyn Tuesday Night Yoga: A relaxing session that opens tight areas, improves range of motion, and enhances deep breathing. ♦♦

Yoga 101: An active practice that improves balance, flexibility and strength. Great class for members new to Yoga. ♦

Gentle Yoga: A perfect class for members new to yoga to learn basic yoga posture, breathing, relaxation and stress reduction. ♦

Qi Gong: A series of movements designed to help regain energy, improve the immune system, stretch and relax muscles. ♦

Beginner and Senior Classes:

The Basics: Essential exercises to improve balance, body alignment, circulation, and bone density. Perfect for seniors (and those who don't want to be), new, returning, or recovering exercisers. ♦

Children's Classes:

Fit Kids: Designed to get children of all ages moving and having fun. Parents must remain onsite. ♦

Other:

Body Fat & Fitness Assessments: A personal trainer will measure your body fat, pinpoint muscle imbalances, and test upper body, cardio, flexibility, and abdominal fitness. Contact Fitness Director Danielle Williams for more details 646-7213 ext 221 voicemail.

Note: All classes maybe be attempted by deconditioned members; however, certain movements or exercises may need to be modified

♦ Deconditioned members should feel comfortable attempting these classes.

♦♦ Deconditioned members may find these classes somewhat of a challenge.

♦♦♦ Deconditioned members will find these classes to be an extreme challenge.

Questions? Contact Fitness Director Danielle Williams VM #221 or Group Fitness Manager Corkey Solow VM #219.

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