

# FITNESS SCHEDULE

JANUARY



RANCHO VALENCIA  
resort & spa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:15 – 8:15 PEDAL STRONG JENN	7:15 – 8:15 PEDAL STRONG DEE			
8:15 – 9:00 SPIN BLAST CARLOS						8:00 – 9:00 SWEAT CYCLE MARK
9:15 – 10:15 SWEAT CYCLE FAMILY FIT JENN	9:00 – 10:00 SWEAT CYCLE MARK	9:00 – 10:00 PEDAL STRONG CARLOS	9:00 – 10:00 SWEAT CYCLE MARK	9:00 – 10:00 SWEAT CYCLE JASON	9:00 – 10:00 PEDAL STRONG CINDI	9:15 – 10:15 SWEAT CYCLE LYNN
	9:30-10:20 AQUA FIT RESORT POOL JENNIFER	10:15 – 11:00 TRX TERRACE STUDIO CINDI		10:15 – 11:00 TRX TERRACE STUDIO STACIE		
			11:30 – 12:30 TRX -TENNIS TERRACE STUDIO STACIE		11:30 – 12:30 TRX -TENNIS TERRACE STUDIO STACIE	
	5:30 – 6:30 SWEAT CYCLE *FAMILY FIT AMY		5:30 – 6:30 SWEAT CYCLE *FAMILY FIT CARLOS			



## TRX OFFERINGS

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. With the TRX Suspension Trainer you are in control of how much you want to challenge yourself on each exercise—because you can simply adjust your body position to add or decrease resistance. The TRX Suspension Trainer allows you to use your bodyweight so you can safely and effectively get more out of your flexibility and mobility training, making it a great addition to any workout program.

### TRX-TENNIS

#### 30 MIN TRX / 30 MIN TENNIS

TRX is tailored to warm the muscles you will use during your tennis lesson. No experience necessary. Tennis rackets provided.

## FAMILY FIT OFFERINGS

Family Fit classes are offered to all spa members and their children between the ages of 10-17 years old. Children must be accompanied by an adult at all times. Children under 18 years of age do not have access to the spa pool and may only access the specific family fit class during their visit.

## SPIN OFFERINGS

Spin classes offer a unique combination of high-energy music and cycling-inspired rides taught by some of Rancho Valencia's elite spin instructors. Classes are uniquely tailored to a wide range of abilities and fitness goals and are taught on our state of the art Keiser M3+ bikes.

### PEDAL STRONG

This class combines visualization, RPM and strength coaching driven by great music and empowering instructors.

### SWEAT CYCLE

Get sweaty with drills, endurance challenges and upbeat music that are sure to get your hips and heart pounding.

### TRUE RIDE

Designed for the cycling enthusiast, True Ride is a goal-focused, progress-oriented cycling experience that pushes endurance, strength and power thresholds. Focusing on power zone, variable and progressive interval training, True Riders of all skill levels ride side by side to high-energy music and motivational cueing to push them to the next level both in class and on the road.

### SPIN BLAST

This 45-minute class will get you sweaty with drills, endurance challenges and upbeat music.

