

# JULY FITNESS SCHEDULE

Located at Citrus 1 Court/Resort Pool



RANCHO VALENCIA  
resort & spa

\*All classes require advance registration via Mindbody

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:30 – 9:20 SPIN BLAST CITRUS 1 MARK
9:15 – 10:15 SWEAT CYCLE FAMILY FIT-CITRUS 1 JENN	9:00 – 9:50 SPIN BLAST CITRUS 1 MARK	9:00 – 9:50 PEDAL STRONG CITRUS 1 LYNN	9:00 – 9:50 SPIN BLAST CITRUS 1 MARK	9:00 – 9:50 SWEAT CYCLE DEE CITRUS 1	9:00 – 9:50 PEDAL STRONG CITRUS 1 CINDI	
	9:00-9:50 AQUA FIT RESORT POOL JENNIFER					
	10:30 – 11:15 TRX CITRUS 1 CINDI	10:30 – 11:15 TRX CITRUS 1 LYNN	10:30-11:15 TRX CITRUS 1 PAIGE	10:30 – 11:15 TRX CITRUS 1 LYNN	10:30 – 11:15 TRX CITRUS 1 CINDI	
	5:30 – 6:30 SWEAT CYCLE *FAMILY FIT-CITRUS 1 JASON		5:30 – 6:30 SWEAT CYCLE *FAMILY FIT-CITRUS 1 LYNN			



### **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.

### **SPIN OFFERINGS**

Spin classes offer an 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.

#### **SPIN BLAST**

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

### **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.

### **CANCELLATION and NO SHOW POLICY**

All classes require advance registration via Mindbody online. You can register for class online or by calling the spa directly at (858)759-6490. We require 24 hour notice on all cancellations to avoid being charged a \$35 cancellation fee. We utilize cancellation policies to ensure all guests who would like to participate in specific activities are able to do so. No cancellation penalties will be incurred if you are feeling ill. We ask that you stay home if you are experiencing any symptoms.

