

# SEPTEMBER MOVEMENT STUDIO

## Movement Studio

\*All classes require advance registration, please contact Fitness Concierge 858-759-6258. fitness@ranchovalencia.com



RANCHO VALENCIA  
resort & spa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-10:00 BOXING DACEY	9:00-10:00 KICKBOXING AMETRIUS	9:00-10:00 BOXING DACEY	9:00 – 9:50 CHAIR PILATES MARIANN		9:00-10:00 BOXING ERIC
	10:30-11:15 STRENGTH /AGILITY CIRCUIT DACEY	10:30-11:30 BOXING AMETRIUS	10:30-11:15 STRENGTH /AGILITY CIRCUIT DACEY	10:00-10:50 MAT/CHAIR MARIANN		10:30-11:30 KICKBOXING ERIC
				6:00-7:00 KICKBOXING AMETRIUS		



### **BOXING/KICKBOXING**

Join us for a full body workout that is sure to get your blood flowing! Classes generally consist of 3 sections that include a dynamic warm up and introduction to proper technique, combo work on the heavy bags, and core work to finish. Kickboxing classes incorporate kicks and knee strikes in the invigorating combinations. Our energetic instructors will keep you motivated and guide all skill levels through a safe, exhilarating and challenging workout. Get your heart pumping and motivated for another round!

\*Complimentary gloves and wraps are provided for use during class. Please arrive 10-15 minutes prior to class start time for instructors to assist you in properly wrapping and protecting your hands.

### **STRENGTH and AGILITY CIRCUIT**

Our circuit class builds well-rounded athleticism as well as functional skills for everyday life through a series of workout stations designed to improve agility, power, strength, and balance. Each class is a unique set of exercise combinations, and modifications are offered for all skill levels.

### **CHAIR PILATES**

A 50-minute upbeat tempo class, all done on the revolutionary Pilates chair that fuses sculpting, flexibility, and cardio. Not recommended for beginners

### **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

