

# NOVEMBER FITNESS SCHEDULE



RANCHO VALENCIA  
resort & spa

## Sport Court

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00-8:45 TRX NIKKI	
	8:30 – 9:20 SPIN BLAST MARK		8:30 – 9:20 SPIN BLAST MARK	8:30 – 9:20 SPIN BLAST JASON		8:30 – 9:20 SPIN BLAST MARK
9:00-9:50 SWEAT CYCLE JASON		9:00-9:50 SPIN BLAST LYNN			9:00-9:50 SPIN BLAST DEE	
	10:00-10:45 TRX LYNN	10:00-10:45 TRX LYNN	10:00-10:45 TRX PAIGE	9:30-10:15 TRX LYNN		
	11:00 – 12:00 TRX - TENNIS LYNN/ EDUARDO					



## 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.

## 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.

### SWEAT CYCLE

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

### SPIN BLAST

This 45-minute class will get you sweaty with drills, endurance challenges, and progressive interval training. Riders of all skill levels ride side by side to high energy music and motivational cueing to push them to the next level.

\*Sport Court classes are offered to all spa members and their children on the membership that are 16 years and older.

## 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

