

# JANUARY MOVEMENT SCHEDULE

## MOVEMENT STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:00 – 8:45 INTRO TO BOXING AMETRIUS
	9:00 – 10:00 BOXING DACEY	9:00 – 10:00 BOXING AMETRIUS	9:00 – 10:00 BOXING DACEY	9:00 – 9:50 CHAIR PILATES JAMIE	9:00-10:00 GROUP TRAINING NIKKI	9:00 – 10:00 BOXING AMETRIUS
10:30 – 11:15 STRENGTH/AGILITY CIRCUIT DACEY	10:30 – 11:15 STRENGTH/AGILITY CIRCUIT DACEY	10:15 – 11:00 INTRO TO BOXING AMETRIUS	10:30 – 11:15 STRENGTH/AGILITY CIRCUIT DACEY	10:00 – 10:50 MAT/CHAIR PILATES JAMIE	10:15 – 11:00 FUSION FIT DORY	
					11:15 – 12:00 STRENGTH/AGILITY CIRCUIT DACEY	
				6:00 – 7:00 BOXING AMETRIUS		



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## Movement Studio

### BOXING

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. 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,. Modifications are offered for all skill levels.

### INTRO TO BOXING

Learn boxing fundamentals such as proper stance, striking technique, basic punch combinations, rhythm, and footwork. Whether you are new to the sport or looking to refine your skills, this workout will take you through a series of drills and exercises to build endurance and a strong boxing foundation.



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### GROUP TRAINING

Our group training class combines personalized attention with dynamic, results driven exercises designed to enhance strength, increase mobility and improve overall wellness. Whether you're looking to build lean muscle mass, enhance your endurance or improve your functional fitness, this class provides the ideal environment for achieving your goals.

### 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 fitness center directly at 858.759.6258. We kindly request 24 hours notice on all cancellations to ensure all guests who would like to participate in specific activities are able to do so. We ask that you stay home if you are feeling ill or experiencing any symptoms.

**\*All classes require advance registration, please contact Fitness Concierge 858-759-6258, [fitness@ranchovalencia.com](mailto:fitness@ranchovalencia.com).**

