NOVEMBER FITNESS SCHEDULE SPORT COURT

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

NOVEMBER FITNESS SCHEDULE

Sport Court

RANCHO VALENCIA
resort & spa

TRX
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 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.**