NOVEMBER MOVEMENT SCHEDULE MOVEMENT STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:00 – 8:45 INTRO TO BOXING AMETRIUS
8:45-9:45 POWER SCULPT MADDIE	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 *requires additional purchase	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		

NOVEMBER MOVEMENT SCHEDULE

Movement Studio

RANCHO VALENCIA
resort & spa

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.

FUSION FIT
A fusion of cardio, Pilates, strength training, and yoga. This gentler approach to sculpting the body is designed to build bone density and muscle mass with less impact on your joints.

GROUP TRAINING
Our Small Group Training sessions are intentionally designed as a bridge between one-on-one personal training and traditional group fitness classes. With a limited class size, participants benefit from individualized instruction, form correction, and tailored progressions. Each session delivers dynamic, results-driven programming focused on building strength, improving mobility, and enhancing overall functional wellness. This format allows for a more personalized experience while still harnessing the motivation and energy of a group setting. Exclusive access is available through the purchase of a Group Training package.

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.

POWER SCULPT
Our Power Sculpt class mixes calisthenics and body weight exercises with cardio and strength training. Designed to be different every time, so be prepared for some high intensity training!

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.**