



Fitness Schedule

September 2010: Scripps Ranch Swim & Racquet Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05 am 55 min Cardio-Interval Sculpt w/ Shauna	6:05 am 55 min Step & Abs w/ Heidi	6:05 am 55 min Core & More w/ Heidi F.	6:05 am 55 min Pump and Pedal w/ Yoshi	6:05 am 55 min New- Hard Core Interval Training w/ Jaime	7:00 am 45 min SPIN w/ Yoshi
7:30 am 55 min Step & Rep-Reebok w/ Ruth	7:30 am 55 min Triad Workout w/ Ruth	7:30 am 55 min Step & Rep-Reebok w/ Ruth	7:30 am 55 min Triad Workout w/ Ruth	7:00 am 45 min SPIN w/ Jamie	8:00 am 55 min B.E.S.T. w/ Vickie
8:30 am 45 min SPIN w/ Jamie	9:30 am 55 min New- SPIN w/ Yoshi	9:00 am 55 min Mat Pilates w/ Jaime	8:30 am 55 min Pilates Strength Fusion w/ Shauna	7:30 am 55 min Walking Workout Whispering Ridge w/ Ruth	9:00 am 55 min YogaFit w/ Vickie
9:30 am 30 min MaxBURNfx w/ Heidi		12:00 pm 45 min SPIN w/ Gabriel	9:30 am 30 min MaxBURNfx w/ Heidi	9:30 am 55 min Step, Kick And Crunch w/ Heidi	10:15 am 45 min SPIN w/ Shauna
10:00 am 30 min YogaMAX w/ Heidi			10:00 am 30 min QuickFit- YogaFit w/ Heidi		
Evening Classes					Sunday
4:15 pm 45 min SPIN w/ Jamie	5:00 pm 55 min Cardio Circuit w/ Mike	5:00 pm 45 min SPIN w/ Jamie	4:15 pm 45 min SPIN w/ Jamie		8:00 am 55 min Bootcamp w/ Jaime
5:15 pm 45 min MaxBURNfx w/ Jaime	6:10 pm 55 min Pilates w/ Heidi	6:10 pm 55 min YogaFit w/ Heidi	5:15pm 45 min Cardio-Interval Sculpt w / Jaime		9:00 am 55 min Power Pilates w/ Jaime
6:10 pm 55 min Yoga w/ Judi			6:10 pm 55 min Pilates w/ Heidi		

- **Classes are FREE to SRSRC Members.**
- **All Classes will be in the new fitness room**
- **Spin Bikes MUST be reserved.** Spin classes are limited to 11 members. Call 271-6222 the day prior to class to reserve your bike. Only one reservation per call.
- Classes are FREE for SRSRC Members
- Towel and water bottle are recommended for all classes.
- Go to www.fitxsandiego for an online schedule



**If not 2010,
then when?!**





SCRIPPS RANCH SWIM & RACQUET CLUB

Class Descriptions

B.E.S.T. - Balance, endurance, strength and training come together to make your workout the best.

Cardio Circuit - A fun way to get your cardio, using all different types of equipment *(All Fitness levels)*

Cardio Interval Sculpt - Bursts of high intensity drills with strength training. *(All Fitness levels)*

CORE & More - A fusion of strength building Pilates moves with classic muscle conditioning.
(All Fitness levels)

Hard Core Interval Training - Spinning meets core training in this fun interval training class. You do not have to reserve a bike for this class. *(All Fitness levels)*

MaxBURNfx - High intensity circuits that challenge your endurance and strength. *(All Fitness levels)*

Pilates - Intermediate to advanced class. Fast paced with upbeat music. A great challenge for your core.

Pump and Pedal- Push your body and take your workout tot the next level with this spin and strength combo. No reservation needed

Quick Fit Classes - 30 minutes of: *(All Fitness levels)*

- * **Cardio**- with step & kick-boxing
- * **Core Conditioning**- learn ways to strengthen your abs, back & glutes.
- * **MaxBURNfx**—High intensity cardio and strength circuits
- * **Yogafit**— combining Hatha Yoga practice w. modern fitness movement

Spin- Spin is an intense athletic cardiovascular training class performed on a stationary bike.
Bikes **MUST** be reserved the day prior to class *(Int. to Advanced fitness level)*

Step & Abs - Step workout with ab work to finish class. *(Int. to Advanced fitness level)*

Step, Kick & Crunch- A mixture of step and Turbo Kick. A high energy, fast paced class that will burn tons of calories. Come with a open mind and be ready to have fun!

Step & Rep Reebok - Step workout with traditional segmented strength training. *(All Fitness levels)*

Triad Work Out - Low impact aerobics, Rep Reebok and YogaFit. *(All Fitness levels)*

Walking Workout - Meet at Whispering Ridge for a 30 min walk and then 30 min of YogaFit
(All Fitness levels)

YogaFit - Exercise-based Hatha approach to yoga. *(All Fitness levels)*

YogaMAX - This Fit-X exclusive work out is a fusion of Hatha Yoga Asanas and traditional strength training exercises using light hand weights, body bars, static weighted bars, and/ or elastic bands. Sample it Monday mornings at 10:00am with Heidi



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator
Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"