

FITNESS WEST CLASS SCHEDULE

1880 GARNET AVENUE PACIFIC BEACH, CA 92109
(858) 272-WEST (9378) WWW.FITNESSWESTPB.COM

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM		Cycling 60 min Chanda		Cycling 60min Chanda			
8:00AM 8:30AM				8:00 Nia Dance 60min Rocco \$5/member			8:30 Cycling 60min Deb/Mark
9:00AM	Core N Strength Training 75 min Nanette	Aerobics Plus 60 min. Debby	Step Intrvl 75 Min. Debby	Core N Strength Training 75 min. Lori	Pilates 60 min Nanette	Cardio Kickboxing 60min Katie	
10:30AM						Yoga 75 min. Marguerite	
12:00PM 12:15PM	12:15 Body Sculpting 60 min. Debby		12:00 Yoga 75 min. Gena				
4:15PM 4:30PM	Cycling 60 min. Lori	4:15 Pilates 60 min Nanette	Cycling 60 min. Lori	Body Sculpting 60 min. Linda			
5:45PM 6:00PM	6:00 Boot Camp Cross Training 60 min Kyle	6:00 Cardio Kickboxing 60 min Katie	6:00 HEAT 60min Lisa	5:45 Yoga 75 min. Vivian	6:00 Boot Camp Cross Training 60 min Kyle		
7:15PM	Vinyasa Yoga 75min Melissa						

Note: *Instructors and Schedules are Subject to Change.*

Hours: (upstairs gym) Mon. – Thurs. 5am – 10:30pm; Fri. 5am – 10pm; Sat. 7am – 7pm; Sun 8am – 6pm.

Guest Fee: \$10/class.

BOOT CAMP CROSS TRAINING: All levels – 60 minutes – Intense, freestyle class designed to increase your core, cardio and muscular strength with a total body workout.

HEAT: High Energy Athletic Training: All levels-60 minutes- combines strength & cardio interval training with core, agility and functional fitness for a challenging workout set to great music.

STEP INTERVAL: Intermediate to advanced level – 60-75 minutes – Uses a variety of step patterns to create a powerful routine. This class ends with an ab workout.

AEROBICS PLUS: Intermediate to advanced level –60-75 minutes – A combination of hi and low impact moves set to a fast tempo. Enjoy this 50 minute cardiovascular workout ending with an ab workout.

BODY SCULPTING: All levels – 60 minutes – Teaches all areas of muscle conditioning by use of weight training and toning exercises. Includes 50 minutes of muscle conditioning work ending with an ab workout.

CARDIO KICKBOXING: Intermediate to advanced level – 60 minutes – Uses a variety of martial arts jabs and kicks combined with stretching and ab work.

PILATES CONDITIONING N STRETCH: All levels-60 minutes- Pilates-based workout that combines weights and stretching exercises to improve strength and flexibility. Emphasis is on proper posture and balance.

YOGA: All levels – 75 minutes – Uses an eclectic blend of styles based in hatha. Develops emotional equanimity, physical strength, flexibility and greater calmness of mind.

NIA- All levels-60 minutes-A mind-body-spirit class that draws upon inspiring music, dance, martial arts and yoga, to create a lively fitness experience that empowers people to achieve physical and emotional well-being, while increasing balance, flexibility and strength.