



MONTEREY
SPORTS CENTER

GROUP EXERCISE

Summer 2020

effective July 20, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SD 8:30-9:15 BOSU Lauri	SD 8:30-9:15 Functional Strength Lauri	SD 8:30-9:15 Cycling Marcia	SD 8:30-9:15 Kettlebell Workout Lauri	SD 8:30-9:15 Cycle BPM Marcia	SD 8:30-9:15 Kettlebell Workout Tricia
SD 10:15-11:00 Zumba Emi	SD 10:15-11:00 Zumba Melania	SD 10:15-11:00 Step It Up Lauri	SD 10:15-11:00 Yoga Core Andi	SD 10:15-11:00 Zumba Kim F.	SD 10:15-11:00 Cycling Tricia
SD 12:00-12:45 Yoga Core Lauri	SD 12:00-12:45 Cycling Matthew	S1 12:00-12:45 Yoga Andi	SD 12:00-12:45 Cycling Matthew	S1 12:00-12:45 HIIT Lauri	SD 12:00-12:45 Zumba Alejandra
SD 4:30-5:15 Zumba Sharon	SD 4:30-5:15 Power Yoga Stacey	SD 4:30-5:15 Functional Strength Marcia	SD 4:30-5:15 Zumba Emi	<div> All classes will be held outdoors on our spacious sun deck. </div>	
SD 6:00-6:45 Power Cycle Terri	SD 6:00-6:45 Cycling Marcia	SD 6:00-6:45 Cycling Tracey	SD 6:00-6:45 Power Cycle Martin		

CLASS POLICIES & PROCEDURES:

- For ages 18 & older.
- Reservations are required and must be made 24 in advance from our website, montereysportscenter.org.
- Please arrive at least 15 minutes prior to class for facility and class check-in.
- Masks are required when entering and exiting the facility and class.
- Masks are optional when exercising outdoors with proper distancing.
- Your reservation will be confirmed by the instructor before class begins.
- Please bring personal mats, a towel and water.
- Yoga props (blocks, straps) are not provided. Personal yoga props are allowed.
- Please clean equipment you use with the provided gym wipes before and after class.
- Please leave equipment in your assigned spot on the ground after use to be sanitized.
- Schedule may be modified due to holiday, seasonal demand or instructor availability.

CLASS DESCRIPTIONS

RESERVATIONS ARE REQUIRED 24 HOURS IN ADVANCE

Please visit our website or call (831) 646-3730 for fees & details

CYCLE BPM:

(All Levels, SPD compatible pedals):

Feel the beat of the music in this rhythm-based ride!

CYCLING

(All Levels, SPD compatible pedals):

A cardiovascular workout on our studio cycles.

BOSU (All Levels): An interval training workout incorporating cardio, core and strength exercises using a BOSU...guaranteed to make you sweat!

FUNCTIONAL STRENGTH (All Levels):

Define and sculpt your body with exercises that incorporate strength, core and balance training.

HIIT (High Intensity Interval Training):

A drill based class designed to quickly increase your level of fitness while building muscle & burning fat.

KETTLEBELL WORKOUT (All Levels):

A dynamic, full body workout that combines strength, core, and cardiovascular training in the movements performed with a kettlebell. Technique and proper form are emphasized.

POWER CYCLE (All Levels): A challenging ride focusing on power/watts.

POWER YOGA (All Levels): A strong, heat building class that combines breath work, strength, balance, and flexibility in the poses practiced.

STEP IT UP (All Levels): A cardio based step workout followed by strength training, core work and a stretch.

YOGA (All Levels): Traditional hatha yoga asanas (poses) are practiced.

YOGA CORE (All Levels): A unique mind/body class that fuses strength and flexibility based yoga poses with core exercises for better body function.

ZUMBA (All Levels): Join the ZUMBA party! Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

AMERICANS WITH DISABILITIES ACT:

Reasonable accommodations or other auxiliary aids and/or services may be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the meeting/event/class/activity you wish to attend. Due to difficulties in securing Sign Language Interpreters, five or more business days' notice is strongly recommended. For additional information, please contact: Parks and Recreation Department at 831-646-3866.