



GROUP EXERCISE



FALL/WINTER 2023

Effective October 2, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S2 5:45-6:30 Stages Cycle & Sculpt Suhad	S1 5:45-6:30 HardCore Ola	S2 5:45-6:35 Stages Cycling Kadria		S2 5:45-6:30 Stages Cycle & Sculpt Kadria		
	S1 7:30-8:30 Yoga Slow Flow Jody		S1 7:00-7:50 Yoga Gina	S2 6:30-6:45 Core Express Kadria	S1 8:30-9:15 Kettlebell Workout Tricia	
SP 8:00-8:55 Aqua Splash Sheri	S1 9:00-9:50 Functional Strength Terri	SP 8:00-8:55 Aqua Splash Sheri	SP 8:00-8:55 Aqua Yoga Gina	SP 8:00-8:55 Aqua Splash Kim Y.	LP 9:15-10:15 Deep Water Workout Kim Y.	S1 9:00-9:50 Pilates Hybrid Tracey
S1 9:00-10:00 HIIT Terri	LP 9:15-10:15 H2O Workout Kim Y.	S2 9:00-10:00 Stages Cycling Lauri	S1 9:00-10:00 Kettlebell Workout Lauri	S1 8:00-8:50 Pilates Contrology Kadria	S2 9:30-10:20 Stages Cycling Tricia or Marcia D.	S2 9:00-9:50 Stages Cycling Susan or Margaret
S2 9:15-10:05 Stages Cycle & Sculpt Marcia D.	S1 10:00-10:20 Yoga Stretch Terri	LP 9:15-10:15 Deep Water Workout Sheri	LP 9:15-10:15 H2O Workout Margaret	S1 9:00-10:00 Total Body Conditioning Tricia	S1 9:30-10:30 Zumba Alejandra	S1 10:00-10:50 Zumba Sharon or Travis
LP 9:15-10:15 Deep Water Workout Sheri	S1 10:30-11:30 Zumba Marcia B.	S1 9:30-10:20 HIGH Fitness Maggie	S1 10:30-11:20 Healthy Start Kim D.	S2 9:15-10:05 Stages Cycle BPM Marcia D.	S1 11:00-12:00 Yoga Core Lance	S1 11:00-12:00 Yoga Greg
S1 10:30-11:30 Zumba Emi	S2 12:00-1:00 Stages Cycling Martin	S2 10:00-10:30 Sculpt Express Lauri	S1 11:30-12:00 Yoga Stretch Kim D.	LP 9:15-10:15 Deep Water Workout Kim Y.		
S1 12:00-1:00 Yoga Core Erika	S1 12:15-1:00 Bone Builder Tricia	S1 10:30-11:30 Pilates Stretch Kadria	S2 12:00-1:00 Stages Cycle & Sculpt Kadria	S2 10:15-10:30 Sculpt Express Marcia D.	<div style="border: 1px solid black; padding: 5px;"> <p align="center">LEGEND</p> <p>S1= Studio 1</p> <p>S2= Cycling Studio</p> <p>SP= Small Pool</p> <p>LP= Large Pool</p> </div>	
S1 1:15-2:00 Chi Flow Terri	S1 4:15-5:05 Barre Sculpt Kadria	S1 12:00-1:00 Therapeutic Yoga Gina	S1 12:15-1:15 Bone Builder Kim D.	S1 10:30-11:30 Zumba Kim F		
S1 4:15-5:05 Functional Strength Lauri	S1 5:30-6:20 Evening Yoga Stacey	S1 4:15-5:15 Zumba Alejandra	S1 4:15-5:05 Cardio Sculpt Marcia B.	S1 12:00-1:00 Functional Yoga Marcia M.	<div style="border: 1px solid black; padding: 5px;"> <p align="center">CLASS POLICIES & PROCEDURES:</p> <p>For ages 13 years of age & older. Reservations are not required; first come, first serve. Saving bikes or equipment for others is not allowed. A limited amount of mats are available for use. Please bring a personal mat, towel and water. Schedule may be modified due to holiday, seasonal demand or instructor availability.</p> </div>	
S1 5:30-6:20 Zumba Kim F.	S2 5:30-6:15 Stages Cycle & Sculpt Kadria	S1 5:30-6:20 Functional Strength Marcia D.	S1 5:30-6:20 Mindful Yoga Erika	S1 4:15-5:05 Zumba Ola.		
S2 5:30-6:15 Stages Cycling Kadria	LP 6:00-7:00 Endurance Swim Luis	LP 5:30-6:20 H2O Workout Sabrina	S2 5:30-6:30 Stages Cycling Martin	S2 5:30-6:20 Stages Cycling Margaret	<div style="border: 1px solid black; padding: 5px;"> <p align="center">HOURS OF OPERATION</p> <p>MONDAY - FRIDAY 5:30 AM - 9:00 PM</p> <p>SATURDAY/SUNDAY 8:00 AM - 5:00 PM</p> <p>Check website for holiday schedule.</p> </div>	
S2 6:15-6:30 Core Express Kadria	S2 6:15-6:30 Core Express Kadria		LP 6:00-7:00 Endurance Swim Luis			
S1 6:30-7:20 HIGH Fitness Maggie	S1 6:30-7:20 UJAM Fitness Brandy		S1 6:30-7:20 Zumba Emi			

CLASS DESCRIPTIONS

Visit montereysportscenter.org or call (831) 646-3730 for details. Our Stages SC2 Studio Cycles feature SPD compatible pedals.

AQUA YOGA (Gentle, All Levels): Discover how yoga asanas can be supported with water and experience the challenge of balance in the pool.

AQUA SPLASH (Gentle, All Levels): Gently fuses cardiovascular fitness, strength, core exercises and flexibility using water resistance.

BARRE SCULPT (All Levels): Blends ballet techniques, strength training and Pilates to sculpt and tone the whole body.

BONE BUILDER (Gentle, All Levels): Incorporates gentle postural, strength, balance, flexibility and weight-bearing exercises important for building stronger bones and reducing fracture risk.

CARDIO SCULPT (All Levels): Three varied sets of strength exercises and cardio drills. Each set is repeated three times finishing with a core set and stretch.

CHI FLOW (Gentle, All Levels): Incorporates principles of T'ai Chi; a moving meditation focusing on fluid movement, breath and balance.

CORE EXPRESS (All Levels): Align, strengthen and stabilize your entire core.

DEEP WATER WORKOUT (All Levels): A deep water workout using the Hydrofit buoyancy equipment. Swimming proficiency is advised.

ENDURANCE SWIM (All Levels): A coached swim workout that focuses on stroke technique. Swimming proficiency strongly advised.

EVENING YOGA (All Levels): Unwind and re-center with gentle, embodying poses and mind-quieting breath.

FUNCTIONAL STRENGTH (All Levels): Define and sculpt your body with exercises that incorporate strength, core and balance training.

FUNCTIONAL YOGA (All Levels): A yoga practice designed to maintain and improve the mind and physical body for essential daily activities.

HARDCORE (All Levels): From planks to crunches, circuits, and everything in between, high intensity core-stabilizing exercises that will make you stronger by the minute!

HEALTHY START (All Levels): Low impact aerobics, strength training, core work and stretching.

HIGH FITNESS (All Levels): Old school aerobics choreographed to modern day music!

HIIT (All Levels): Using a BOSU, step or the floor, 45-50 minutes of aerobic, HIIT (high-intensity interval training) and strength training followed by core work.

H2O WORKOUT (All Levels): A shallow water aerobic class using the water's resistance to vary intensity.

KETTLEBELL WORKOUT (All Levels): A dynamic, full body workout that combines dynamic strength training and core exercises with a kettlebell.

MINDFUL YOGA (Gentle, All Levels): Experience expansion of your mental and physical self through asana, breath, and mind/body awareness.

PILATES CONTROLOGY (All Levels): The original 34 exercises created by Joseph Pilates, taught in their intended order.

PILATES HYBRID (Gentle, All Levels): Focusing on the core, this class develops abdominal and back strength, mobility and flexibility.

PILATES STRETCH (Gentle, All Levels): Gentle Pilates inspired mobility work designed to release & lengthen the hips and back.

SCULPT EXPRESS (All Levels): A quick and effective upper body strength and core class.

STAGES CYCLE BPM (All Levels): Feel the beat of the music in this rhythm-based ride AND explore the Stages power zone program.

STAGES CYCLE & SCULPT (All Levels): Intervals Stages power zone cycling and strength training.

STAGES CYCLING (All Levels): Explore the 7 power zones of the Stages Cycling program in this interval based cycling class.

THERAPEUTIC YOGA (Gentle, All Levels): A gentle yoga approach intended to create space in areas that are compressed, relieve tight muscles, and help induce the relaxation response in the body.

TOTAL BODY CONDITIONING (All Levels): Intervals cardio, strength and core exercises for a total body workout!

UJAM FITNESS (All Levels): A high energy cardio class that fuses urban dance with fun music for a total body workout!

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

YOGA CORE (All Levels): A fusion of yoga and Pilates inspired exercises designed to increase core strength and mobility.

YOGA SLOW FLOW (All Levels): Flow at a slower pace to initiate better body awareness and alignment.

YOGA STRETCH (Gentle, All Levels): Allow your body to release, recharge and recover in this yoga based stretch class.

ZUMBA (All Levels): Dance your way to a fitter you with Latin inspired moves and grooves.

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 or 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.

