

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		30 min Metabolic Burn: TK		30 min Metabolic Burn: TK	30 min Metabolic Burn: TK	Great way to start your Saturday!!
7:00 AM		Yoga: Range of Motion TK	7:30 AM Core Stabilized Functional Strength LE	Yoga: Range of Motion TK		Cardo: 8:30 AM Body Sculpt 9:00 AM
8:00 AM	Water Aerobics: (Hummingbird Inn) JD		Water Aerobics (Hummingbird Inn) TK		Water Aerobics: (Hummingbird Inn) TK	1st Sat: DK 2nd Sat: PK 3rd Sat: JR
8:30 AM	Core Stabilized Functional Strength: LE	Cross Training: DK	Step Training: DK	Cross Training: DK	Core Stabilized Functional Strength: LE	4th Sat: JR 5th Sat: JR
9:30 AM	Pilates: TK	15 min Abs: DK	45 min Stretch: DK	15 min Abs: DK	Pilates: MJ	
9:45 AM		Hinges & Twinges: (Hummingbird Inn) TK	10:15 AM Dance: DK	Hinges & Twinges: (Hummingbird Inn) TK		Sunday 9:00-10:30 AM Hatha Blend Yoga: TC
11:00 AM	Senior Fit: TK		Senior Fit: DK		Senior Fit: MJ	11:30 AM Circus Fitness Class:
12:00 PM		45 min Therapeutic Stretch TK		45 min Therapeutic Stretch TK		Bob Carreiro: 805-231-0700

Evening Classes

5:30 PM	(75 min) 30 min H.I.I.T. 30 min Yoga 15 min Meditation KM	5:30 PM Dance: DK	(75 min) 30 min H.I.I.T. 30 min Yoga 15 min Meditation KM			
		6:30PM Circus Fitness Class: Bob Carreiro: 805-231-0700		6:00 PM Circus Fitness Class: Bob Carreiro: 805-231-0700		
7:00 PM	7:00 PM Zumba Dance Elizabeth	8:00 PM Zumba Dance Elizabeth	7:00 PM Zumba Dance Elizabeth	7:45 PM Zumba Dance Elizabeth		

Classes must have 5 or more people attending to continue! "All Classes are subject to change"

805 646-2233 www.bryantstreetgym.com

Club Hours:

Monday-Thursday: 5:00am-10:00pm, Friday: 5:00am-8:00pm, Saturday: 7:00am-6:00pm, Sunday: 8:00am-6:00pm

Cardio Classes

Cross Training: Designed to add variety to your workout schedule, this class incorporates a variety of training modalities. Improves strength, flexibility, aerobic power and endurance using lightweights, resistance bands, jump ropes, steps, medicine balls and stability balls, in a varying format of circuits, intervals and aerobic workouts. A new challenge each time.

Step Training (Step, Abs & Buns): A challenging workout using the STEP, incorporating basic choreography as well as power movements. All fitness levels are welcome. We will be working the step, your abs and your buns.

Body Sculpt: This class challenges your body to the max. Working all muscle groups with hand weights, medicine balls, rubber bands, steps and big balls will add a fun variety to your workout.

Metabolic Burn: This 30 minute explosive work-out will transform your body. To burn fat you need to change the resting metabolism and work big muscle groups with high intensity exercises. This simple yet intense workout combines traditional body weight exercises with the latest internal techniques to set your metabolism on fire!

Water Aerobics: A fun, exciting and challenging class. Water provides resistance to your workout, increases your heart rate, burns calories and strengthens your core muscles. Water supports the joints, tendons, and ligaments. This class will tone, firm and enhance your feeling of well being. **There is a extra fee for this class**

Core Stabilized Functional Strength:

This class is based in a core stabilized position while working combinations of muscle groups. We utilize free weights, stability ball, and the mat. All levels are welcomed. We modify to help the beginner and intensify for the advance

H.I.I.T./Yoga/Meditation: (High, Intensity, Interval, Training) This 75min class hits all your target areas. Start with 30min of high intensity circuit trainings. 30 min of Yoga and ending the class with a 15 min Meditation/relaxation. You will see your body reshape and become more defined.

Also visit our web page for info: www.bryantstgym.com

Class Description

Yoga, Stretch, & Pilates

15 min Abs: Focusing on the body's core. This class will help to improve abdominal and back strength, stamina and flexibility as well as improve balance and posture. Please warm up prior to class and bring a towel.

Stretch: Incorporating static stretching as well as PNF technique and some yoga postures, this class promotes relaxing of the muscles to help improve or maintain flexibility and posture. Please warm up prior to class, and bring a towel.

Therapeutic Stretch: Combines Feldenkrais, yoga, & stretch for a healthier balance within your muscle groups. This class promotes relaxation, flexibility and an overall sense of well being.

Hatha Blend Yoga This is a blend of gentle Hatha and alignment based poses connected to breath or pranayama. All Levels welcomed

Yoga / Range of Motion: This class will enhance and improve hip, hamstring and shoulder flexibility & strength. Great class for any one that feels the need to relieve their tight muscles and increase their range of motion.

Pilates: All levels. Most people including Body Builders and Professional Athletes have weak core muscles. **You need this class!** Build your core strength, improve your posture, balance and flexibility. You will get a good basic workout knowledge of the Pilates Mat Exercises. You will learn the proper execution of each move to strengthen your core.

No membership is required to take classes. Every Class at the BSHF is available with a class pass or with a walk in fee

Senior Fit Classes

GET A F.R.E.S.H.
START ON LIFE....
(Fitness, Recreation & Education for Senior Health)

Hinges 'n Twinges: Work out in an 85 degree pool. This is a fun way to exercise without stress or strain to your joints. Opens up your joints and loosens those tight muscles. Ideal for people with hip, shoulder, or knee replacement, or anyone starting out. Suitable for all levels.

Senior Fit: Come Check out this fun and motivating class geared to the moderately active senior population. We get you moving "at your own level" and then we challenge your cardio, balance flexibility and muscle strength using dumbbells, resistance bands and balls. Make a new friend while you are doing your body good!

Instructors

DK= Denise Kantrowitz
EM= Elizabeth Morales
JD= Jane Deknatel
JR= Judy Robles
KM= Katrina MacLachlan
LE=Lori Ellis
MJ= Mary-Jo Heely
PK= Peggy Kasudo
TC= Tina Chappel
TK= Tressa Kahler

If you feel like flying through the air try the Circus Fitness Class!

CALL:

Bob Carreiro: 805-231-0700

Dance Classes

Dance: From cha-cha to salsa and hip hop to disco! This 45min or 1 hour class will get you up and grooving with all your favorite dance moves.

Zumba: Once the music takes over, you'll see why Zumba classes are exercise in disguise...a full body workout with different dance combinations that are sure to work every part of your body.

(No experience necessary for any dance class)