



Becky Montero
Group Exercise Manager

MONDAY

6:00 – 7:30	Ashtanga Yoga ✕	Mark
8:30 – 9:30	Pilates Mat ●	Robin C.
8:45 – 9:30	Trekking	Robin K
9:00 – 10:00	Aquamotion	Linda/Nancy
9:45 – 10:45	Zumba ✕	Flavia
11:00 – 12:00	SilverSneakers® ■	Linda/Nancy
5:00 – 6:15	Yoga Flexibility ✕	Elizabeth
6:00 – 7:00	CrossFitness ●	Hans
6:15 – 7:15	Aquamotion	Linda

TUESDAY

6:00 – 7:15	Cycle and Abs	Maria
7:45 - 9:00	Iyengar Yoga ✕	Carol
8:30 – 9:30	Extreme Cycle	Robin C.
9:30 – 10:30	Aquamotion	Nancy
9:35 – 10:30	Stretch Fusion ●	Elisabeth
10:00 – 11:15	Cardio Yoga ✕	Linda
11:00 – 12:00	SilverSneakers® ■	Nancy
12:00 – 1:00*	SilverSneakers® ■	Nancy
*This class cancelled last Tues of every month		
6:00 – 7:00	Studio Ride	John

WEDNESDAY

6:30 – 7:15	Trek/Abs	Robin K.
8:30 – 9:30	Zumba ✕	Letty
8:45 – 9:30	Trek/Abs	Robin K.
8:45 – 9:30	BodyShred ●	Ann
9:00 – 10:00	Aquamotion	Georgette
9:30 – 10:30	Pilates Mat ●	Bonnie
11:00 – 12:00	SilverSneakers® ■	Georgette
12:00 – 1:00	Zumba Gold ✕	Letty
5:30 – 6:30	Step Up ●	Moises/Shari
6:15 – 7:15	Aquamotion	Nancy
6:30 – 7:30	Pilates Mat ●	Moises

THURSDAY

6:00 – 7:15	Cycle and Abs	Maria
7:45 – 9:00	Iyengar Yoga ✕	Carol
8:30 – 9:30	Extreme Cycle	Robin C.
9:30 – 10:30	Aquamotion	Nancy
9:35 – 10:30	Core Fusion ●	Robin C.
11:00 – 12:00	SilverSneakers® ■	Nancy
12:00 – 1:00	SilverSneakers® ■	Nancy
6:00 – 7:00	CrossFitness ●	Hans
6:30 – 7:30	Zumba ✕	Shari

● - Classes held in Studio #1
 ✕ - Classes held in Studio #3
 ■ - Classes held in the Basketball Court
 Trekking Classes are held on the 3rd floor
 All Cycle classes are held in Studio #2

Effective: June 1, 2015
 Please note the scheduled instructor and/or class may change or be cancelled without notice.

FRIDAY

6:00 – 7:30	Ashtanga Yoga ✕	Mark
8:30 – 9:30	Pilates Mat ●	Marsha
9:00 – 10:00	Aquamotion	Linda
9:30 – 10:30	Functional Fitness ●	Marsha
11:00 – 12:00	SilverSneakers® ■	Linda
5:30 – 6:30	Aquamotion	Nancy

SATURDAY

8:00 – 8:45	Trekking	Robin K
8:30 – 9:45	Endurance Ride	Robin C
9:30 – 10:30	Zumba ✕	Adrianna
9:30 – 10:30	Aquamotion	Moises
9:45 – 10:30	Spartacus ●	Robin C.

SUNDAY

9:00 – 10:00	Cycle	Jessica
9:00 – 10:15	Yoga Flow ✕	Mark
10:00 – 11:00	Just Strength ●	Jessica
10:00 – 11:00	Aquamotion	Nancy/Moises

Meridian Sports Club
 1535 Deerpark Drive
 Fullerton, CA 92831
 714-961-0400

Club Hours:

Monday –Thursday	5:00 AM – 11:00 PM
Friday	5:00 AM – 9:00 pm
Saturday & Sunday	7:00 AM –8:00 PM

Kids Club (714) 450-7314

Mon – Fri: 8:30 A.M. – 12:00 PM
Mon – Thur: 4:30 PM – 8:00 PM
Saturday and Sunday : 8:30 AM – 12:00 PM

CARDIO / STRENGTH

AQUAMOTION – An invigorating water workout, which includes cardiovascular conditioning, upper and lower body muscle toning, and yoga stretches. Perfect for all fitness levels, those with back or knee injuries, and pre/post natal women. No swimming skills required.

BODYSHRED – HIIT – High Intensity Interval Training. This unique 3-2-1 formula creates a dynamic, exciting and effective workout. This class continuously moves in a 3 dimensional way to peak your performance. You will get incredible results with this non-stop action packed class.

CORE FUSION – Lengthen, strengthen and rejuvenate in Core Fusion. This power mat class will combine Pilates, Yoga and Core Conditioning. Focus on balance, flexibility and strength while using your own body weight for resistance and stability.

CROSSFITNESS – Anything and everything goes in this strength and conditioning class. Your cardio endurance, stamina, strength, flexibility, power and balance will all be improved using a variety of techniques and equipment. Train like an athlete in this cutting edge, high intensity workout.

FUNCTIONAL FITNESS – A strength and conditioning class focusing on proper alignment, posture and movement patterns used in daily life. This class uses various modalities such as free weights, the stability ball, and your own body weight to develop core strength and achieve maximum results.

JUST STRENGTH – A results oriented class using a plate-loaded barbell system. This class focuses on resistance work with moderate to heavy loads, incorporating current weight training principles. This workout is guaranteed to burn calories, increase lean muscle mass, and improve strength and endurance.

SILVERSNEAKERS ® - Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing with handles, and a ball are offered for resistance: a chair is used for seated and/or standing support.

SPARTACUS – This interval class combines short high-intensity drills with endurance resistance and core strength, all timed specifically with very few breaks in between.

STEP UP – Using simple-to-follow moves and a great mix of pop music, this class will allow you to train at the intensity you want. You control how hard you work by simply altering the height of your step and increasing or decreasing your range of movements.

STRETCH FUSION – This class consists of deep stretches, utilizing your own muscles to work yourself into the stretch. Push yourself to the level that is best for you. You will stretch and strengthen your muscles to make you stronger, more flexible and elongate your muscles.

TREKKING – Join us on the third floor for a challenging “group treadmill” workout designed for walkers and runners of all fitness levels. Whether you want to train for a marathon or just get in shape Trekking is for you!

TREK/ABS – This half hour Trekking class is followed by 15 minutes of abdominal work.

ZUMBA – Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that will move you toward joy and health.

ZUMBA GOLD – Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreography will focus on balance, range of motion and coordination. JOIN THE PARTY!

CYCLE

A vigorous cardio class without comparison. This class uses a specialized stationary bike in a group exercise setting; perfect for any fitness enthusiast, recreational cyclist or serious racer.

CYCLE AND ABS – Ride your way to fabulous abs. In this class you will ride for 60 minutes and follow up with 15 minutes of intensive ab work.

ENDURANCE RIDE – This 75 minute class is not your average workout. Whether you are training for a specific event or just want to improve your strength on the bike, this coaching style class will build your endurance for better performance.

EXTREME CYCLE – This class will challenge your toughness. Get ready to experience intervals in and out of the saddle, climbs, sprints, and much more.

STUDIO RIDE – Experience a different ride each week with a variety of drills, terrain and visualizations in this cycle class.

MIND/BODY

ASHTANGA YOGA – This class consists of a series of poses including Sun Salutations A & B, standing sequence, seated primary series, and the finishing sequence. The result is a strong body and calm mind

CARDIO YOGA – Go beyond your ordinary Yoga Class. Combine Cardio, Yoga, Core Strengthening, and Resistance Training, using weights as an individual option, all set to an up-beat tempo. Take your practice to the next level with this fusion style class incorporating all your favorite formats.

IYENGAR YOGA – A form of Yoga emphasizing the development of strength, stamina, flexibility, balance, and meditation. The use of props will aid in experiencing Asanas easier and fuller.

PILATES MAT – The mat work is a series of floor exercises designed to focus on targeting the entire body. The key elements of this class are core muscle strength and spinal alignment.

YOGA FLEXIBILITY – Stretch not only your muscles but all of the soft tissue of your body. That includes ligaments and tendons. Loosen tight muscles and release lactic acid build up that causes tension, pain and fatigue.

YOGA FLOW – This class blends elements of Ashtanga, Iyengar and Viniyoga, which emphasizes proper alignment at an accessible pace. This is an all-level class with plenty of modifications available to beginners.