



TOADAL FITNESS

LIVE OAK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM* GROUP CYCLING* LISA	6:00 AM EARLY BIRD BOOT CAMP NICOLE	6:15 AM* GROUP CYCLING* LISA	6:00 AM EARLY BIRD BOOT CAMP NICOLE	6:15 AM* GROUP CYCLING* LISA	9:00 AM EARLY BIRD BOOT CAMP NICOLE	
8:00 AM SILVER SNEAKERS ADVANCED WITH DELPHINE	7:00 AM TABATA TIME WITH CARINA		7:00 AM BOOTCAMP WITH CARINA	9:00 AM BOOTCAMP WITH NICOLE	9:00 AM* BARRE WITH CHERYL AND TERRY*	9:00 AM* BARRE WITH CHERYL AND TERRY*
9:00 AM BOOTCAMP WITH DEMETREUS	9:00 AM HIIT BOOTCAMP TESS	9:00 AM BOOTCAMP WITH DEMETREUS	9:00 AM HIIT BOOTCAMP TESS		9:00 AM* GROUP CYCLING* LISA	9:00 AM HIIT WITH CARINA
	9:15 AM* GROUP CYCLING* LISA	10:00 AM BOOTCAMP WITH DEMETREUS	9:15 AM* GROUP CYCLING* LISA	10:00 AM BOOTCAMP WITH NICOLE	10:00 AM ZUMBA WITH MARISA	10:00 AM DYNAMIC DUO CARDIO DANCE WITH CHERYL & TERRY
10:00 AM BOOTCAMP WITH DEMETREUS	10:15 AM PILATES CORE CAMP WITH ALLI	11:30 AM* HATHA FLOW YOGA* (LEVEL 1 - 2) WITH ABBIE*	10:15 AM PILATES CORE CAMP WITH ALLI	11:00 AM* VINYASA YOGA (ALL LEVELS) WITH BIANCA*	10:30 AM* VINYASA YOGA (ALL LEVELS) WITH KRISTOF**	10:30 AM* VINYASA YOGA (ALL LEVELS) WITH LAXMAN**
11:00 AM* VINYASA YOGA (ALL LEVELS) WITH BIANCA*	10:30 AM* SLOW FLOW YOGA (ALL LEVELS) WITH ABBIE*		10:30 AM* SLOW FLOW YOGA (ALL LEVELS) WITH ABBIE*		11:00 AM KID'S ZUMBA WITH MARISA	
12:00 PM ZUMBA WITH CECILIA	12:00 PM ZUMBA WITH ROBYN	12:00 PM ZUMBA WITH CECILIA	12:00 PM ZUMBA WITH ROBYN	12:00 PM ZUMBA WITH CECILIA	<p>THE ASTERISK* AFTER THE TIME MEANS THAT THE CLASS IS HELD ON THE WINDWARD SIDE</p> <p>CLASS DESCRIPTIONS AND CLUB HOURS ON BACKSIDE</p>	
5:15 PM F.I.T WITH GABE	1:30 PM SILVER SNEAKERS WITH ALLI	5:15 PM F.I.T WITH GABE	1:30 PM SILVER SNEAKERS WITH ALLI			
5:30 PM* PILATES CORE CAMP WITH ALLI*	5:30 PM* BARRE WITH CHERYL AND TERRY*	5:30 PM* PILATES CORE CAMP WITH ALLI*	5:30 PM* BARRE WITH CHERYL AND TERRY*			
6:30 PM HIP HOP DANCE WITH MARISA	6:45 PM DYNAMIC DUO CARDIO DANCE WITH CHERYL & TERRY	6:30 PM HIP HOP DANCE WITH MARISA	6:45 PM DYNAMIC DUO CARDIO DANCE WITH CHERYL & TERRY		<p>DOWNLOAD OUR MEMBER PORTAL APP TO CHECK IN WITH YOUR PHONE!</p>	
6:45 PM* VINYASA FLOW YOGA (ALL LEVELS) WITH LAXMAN*	6:45 PM* RESTORATIVE YOGA (ALL LEVELS) WITH DAYA*	6:45 PM* VINYASA FLOW YOGA (ALL LEVELS) WITH LAXMAN*	6:45 PM* HATHA FLOW YOGA (ALL LEVELS) WITH THOMAS*			
					<p>ANDROID</p>	<p>IPHONE</p>



CLASS DESCRIPTIONS



THE ASTERISK* AFTER THE NAME MEANS THAT THE CLASS IS HELD ON THE WINDWARD SIDE

BOOTCAMP

BOOTCAMP IS AN CLASS FOR ALL FITNESS LEVELS THAT INCLUDES: CARDIO CALISTHENICS, PLYOMETRICS, MARTIAL ART DRILLS AND A LOT OF ABS. COME EXPECTING A FULL BODY WORKOUT! :D

ZUMBA™

ZUMBA™ IS A FUSION OF LATIN AND INTERNATIONAL MUSIC COMBINED WITH DANCE FITNESS MOVES. THE COMBINATION CREATES A DYNAMIC AND EFFETIVE CARDIOVASCULAR AND TONING WORKOUT. GET A FUN TASTE OF MERINGUE, SALSA, FLAMENCO, SAMBA, TANGO, AND REGGAE!

F.I.T

F.I.T IS CROSS TRAINING TO THE EXTREME BUT SCALED TO YOUR CURRENT LEVEL OF FITNESS. THIS CLASS IS THE DEFINITION OF VARIETY, UTILIZING A MIXTURE OF KETTLEBELLS, DUMBBELLS, AND BODYWEIGHT EXERCISES TO CRAFT FULL BODY WORKOUTS THAT AIM TO IMPROVE STRENGTH, CARDIO, AND FLEXIBILITY.

YOGA*

FROM VINYASA FLOW YOGA TO RELAX AND RESTORE, YOGA IS ALL ABOUT ENHANCING FLEXIBILITY, STRENGTH, CONCENTRATION WHILE INSTILLING RELAXATION. ALL OF THIS IS DONE THROUGH THE SYNCHRONIZATION OF SYSTEMIC SEQUENCES OF FLOWING AND SUSTAINED POSTURES WITH RYHTMICAL BREATHING.

PILATES CORE CAMP*

THIS CORE CLASS FOCUSES ON LENGTHENING, STRENGTHENING, AND RESTORING THE WHOLE BODY THROUGH PILATES- BASED MOVEMENTS WHICH CHALLENGE YOUR MUSCLE ENDURANCE WHILE IMPROVING YOUR STABILITY AND FLEXIBILITY. YOUR ABDOMINALS ARE DESIGNED TO SUPPORT YOUR SPINE. YOU CAN EXPECT A FUN & CHALLENGING CLASS!

GROUP CYCLE

A CYCLING CLASS FOR ALL LEVELS OF CYCLISTS AND FITNESS ENTHUSIASTS TO IMPROVE POWER, STRENGTH, AND STAMINA. FROM BEGINNERS TO ADVANCED RIDERS, YOU'LL IMPROVE AS A CYCLIST, AND BURN LOTS OF CALORIES, TOO. YOU'LL BE ENCOURAGED, MOTIVATED, AND CHALLENGED PHYSICALLY AND MENTALLY AS WE RIDE UP AND DOWN HILLS, AND THEN SPRINT TO THE FINISH LINE!

DYNAMIC DUO CARDIO DANCE

COME DANCE WITH THE MOTHER/DAUGHTER DANCE TEAM - CHERYL AND TERRY! HIGH INTENSITY, SUPER FUN MUSIC, AND ALL TYPES OF SHAKING YOUR BOOTY MOVES! OUR PASSION FOR MUSIC AND DANCE WILL GET YOU MOVING AND GROOVING!

HIP HOP DANCE

THIS ZUMBA CLASS HAS MORE OF A HIP HOP BASE THAN THE TRADITIONAL LATIN BASED ZUMBA. BROKEN DOWN IT'S ABOUT 70% HIPHOP/POP/DANCEHALL AND 30%OTHER. EITHER WAY YOU'RE GOING TO GET AN AWESOME WORKOUT. WE'RE TALKING SWEAT DRIPPING FROM EVERY INCH OF YOUR BODY! AND, DON'T WORRY IF YOU THINK YOU CAN'T DANCE OR YOU'RE TOO UNCOORDINATED! THIS CLASS IS ALL ABOUT MOVING TO THE MUSIC AND GETTING YOUR HEART RATE UP.



BARRE*

DEFINE YOUR BODY WITH THIS TOTAL-BODY, BALLET-INSPIRED BARRE WORKOUT. INCORPORATE PRINCIPLES OF DANCE, FUNCTIONAL STRENGTH TRAINING, AND PILATES TO LENGTHEN AND STRENGTHEN YOUR ARMS, LEGS, AND CORE FROM HEAD TO TOE. ALL LEVELS WELCOME!



HEALTH CLUB HOURS

MONDAY - THURSDAY: 6 AM - 9 PM

FRIDAY: 6 AM - 8 PM

SATURDAY & SUNDAY: 8 AM - 6 PM

PHONE NUMBER: (831) 464-3764

CHILDCARE HOURS

MONDAY - THURSDAY: 9 AM - 8 PM

FRIDAY: 9 AM - 7:30 PM

SATURDAY & SUNDAY: 9 AM - 2 PM

RESERVATIONS REQUIRED MON - FRI, BETWEEN 1-4 PM