



TOADAL FITNESS CLASS SCHEDULE WESTSIDE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM		Group Cycling with Gayle		Group Cycling with Brooke			
7:15: AM Room 1	30/30 with Sydney		30/30 with Sydney				
9:00 AM						Group Cycling with Gayle	
9:15 AM		Group Cycling with Anthony		Group Cycling with Michelle			
9:15: AM Room2	Pilates Core Camp with Alli	Zumba with Deb	Pilates Core Camp with Alli	Soca Zumba with Eugenia	Zumba with John		
9:15: AM Room1	Zumba with John	MetCon with John M.	Zumba with John	MetCon with John M.	MetCon with John M.	MetCon with Jason	
9:30 AM Room 1							Zumba Basics with Jeannie
9:30 AM Room 2							Pilates with Emile
9:45 AM Room 2						Zumba with Joanna	
10:00 AM Room 1							Zumba with Jeannie
10:30 AM Room 2	YOGA all levels with Gabriel	YOGA all levels with Padma	Gentle YOGA with Gabriel	YOGA all levels with Sophia	Pilates Core Camp with Alli		
10:30 AM Room 1	MetCon with John M.	Pilates Fit with Jenny	MetCon with John M.	Pilates Fit with Jenny			
11:00 AM Room 2						Gentle YOGA with Padma	YOGA all levels with Jade
12:00 PM Room 1	TRX with Simon		TRX with Simon				
12:30 PM Room 2		T-Barre with Ingrid		T-Barre with Ingrid			
1:45 PM		Silver Sneakers Active with Ingrid Room 2		Silver Sneakers Active with Ingrid Room 2			
5:30 PM	Group Cycling with Lisa		Group Cycling with Lisa				
5:30PM Room 1	MetCon with Jason	TRX with Simon	MetCon with Jason	TRX with Simon	Zumba with Joanna		Updated Oct 1 2019
5:30 PM Room 2	Yoga with Padma	Core Yoga with Kia	Yoga with Padma	Core Yoga with Kia			
6:45 PM Room 2	T-Barre/Pilates with Ingrid		T-Barre/Pilates with Ingrid				

Club Hours: Monday-Thursday 5:30am-9:30pm, Friday 5:30am-8pm, Saturday-Sunday 8am-6pm

2929 Mission St. 831-466-3764 TOADALFITNESS.COM

Toadal Fitness **WESTSIDE** Class Descriptions

Gentle Yoga	Focuses on deep breathing techniques, long held poses with props (blocks, straps, walls) and encourages each student to bring any other props (blankets or pillows) that may help them relax completely. It will reboot energy levels, help with sound sleep, and decrease stress.
Group Cycling	A perfect way to stay motivated while getting a great cardio workout! Great music, fun instructors, and a friendly group setting will get you coming back! And your legs will thank you later!
MetCon	Stands for metabolic conditioning. A circuit style workout that utilizes a combination of strength training and anaerobic conditioning drills. Workouts may be timed with circuits consisting of 4-10 exercises performed in multiple rounds.
Pilates	Strengthening the body's core (hip, abdominals, glutes and lower back). This class will give you strong, lean abs while improving posture and reducing back pains.
Silver Sneakers	<i>(for senior community) Combining fun and fitness to increase cardiovascular and muscular endurance power. Upper-body strength work with hand-held weights, elastic tubing with handles, and a silversneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.</i>
Pilates Core Camp	This core focused class lengthens, strengthens, and restores the entire body through movements challenging your cardio endurance, stability, and flexibility, specializing in small muscle groups. "You're only as young as your spine is flexible!"
30/30	Focus on getting your heart pumping with a 30 minute cardiovascular endurance workout through group cycling, blended with a 30 minute circuit bootcamp to help with total body strength. Core stabilization and strength conditioning are all incorporated into this full body workout!
Yoga	Energy flows contain systematic sequences of flowing and sustained postures, synchronized with rhythmic breathing to increase flexibility, strength, concentration and relaxation.
Core Yoga	This class will fire up your abdominals while working on proper postural alignment, stretching, and strengthening.
Soca Zumba	Offers a movement experience straight from the islands to trim the waistline using the infectious rhythms of reggae, soca, calypso, punta and much more.
T-Barre	A total body workout that lifts your seat, tones your thighs, works your abs and burns fat! Utilizing the ballet barre to perform small isometric movements to fantastic music. No dance experience is required.
Zumba	Is a fusion of latin and international music combined with dance fitness moves to create a dynamic and effective cardiovascular and toning workout.
TRX	Get a full body workout, training strength, balance, flexibility and core stability with TRX straps! By utilizing primarily your bodyweight, expect to get stronger and toned with this class! Space is limited though so come early or inquire with the front desk about reserving a spot!
PilatesFit	PilateFIT is a combination of circuit training and Pilates! This class begins with a 15 minute warm up consisting of dynamic movements and cardio intervals using equipment such as: jump ropes, rowing machines, airdyne bikes, and running. Following the warm up will be 30 minutes of Mat Pilates where we will develop strength, flexibility and improve posture while enhancing mental awareness. The remaining 15 min of class will be competing against the clock moving repeatedly through a circuit of 3-5 exercises using your own body weight or with the option of adding weight!