



# TOADAL FITNESS WATSONVILLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM</b> POWER HOUR TESS	<b>6:00 AM</b> GET UP & WAKE UP BOOTCAMP BEN	<b>6:00 AM</b> POWER HOUR TESS	<b>6:00 AM</b> GET UP & WAKE UP BOOTCAMP BEN	<b>6:00 AM</b> POWER HOUR TESS		
<b>8:00 AM</b> BOOTCAMP TESS	<small>STARTING 5/14</small> <b>6:30 AM</b> SPIN JENNY	<b>8:00 AM</b> BOOTCAMP TESS	<small>STARTING 5/14</small> <b>6:30 AM</b> SPIN JENNY	<b>8:00 AM</b> BOOTCAMP TESS		
<b>9:00 AM</b> AIR RICK	<b>8:00 AM</b> GET UP & WAKE UP BOOTCAMP BEN	<b>9:00 AM</b> AIR RICK	<b>8:00 AM</b> GET UP & WAKE UP BOOTCAMP BEN	<b>9:00 AM</b> AIR RICK	<b>9:00 AM</b> BOOTCAMP CARINA	
<b>10:00 AM</b> ZUMBA CECILIA	<b>10:00 AM</b> YOGA STRETCH MARA	<b>10:00 AM</b> ZUMBA CECILIA	<b>10:00 AM</b> YOGA STRETCH MARA		<b>10:00 AM</b> ZUMBA ANTHONY	<b>10:00 AM</b> YOGA MARY
<b>11:00 AM</b> WATER AEROBICS LYNN	<b>11:00 AM</b> PILATES MARA	<b>11:00 AM</b> WATER AEROBICS LYNN	<b>11:00 AM</b> PILATES MARA		<b>11:15 AM</b> PILATES MARA	
<b>12:00 PM</b> YOGA SONIA	<small>*STARTING 5/14</small> <b>12:15 PM</b> BARRE JANE	<b>12:00 PM</b> YOGA SONIA	<small>*STARTING 5/14</small> <b>12:15 PM</b> BARRE JANE			
<b>1:00 PM</b> SILVER SNEAKERS RICK	<b>2:30 PM</b> WATER AEROBICS STEVEN	<b>1:00 PM</b> SILVER SNEAKERS RICK	<b>2:30 PM</b> WATER AEROBICS STEVEN	<b>1:00 PM</b> SILVER SNEAKERS RICK		
<b>5:30 PM</b> BOOTCAMP RICK	<b>5:30 PM</b> ZUMBA MARISA	<b>5:30 PM</b> BOOTCAMP RICK	<b>5:30 PM</b> ZUMBA MARISA			
<small>TIME CHANGE STARTS 5/13</small> <b>6:00 PM</b> SPIN TRACY		<small>TIME CHANGE STARTS 5/13</small> <b>6:00 PM</b> SPIN TRACY				
<b>6:30 PM</b> YOGA MARY	<b>6:30 PM</b> BOOTCAMP CAITLYN		<b>6:30 PM</b> BOOTCAMP CAITLYN			

**ANDROID**



**TOADAL FITNESS WATSONVILLE HOURS**

**MONDAY-THURSDAY: 5AM-10PM**

**FRIDAY: 5AM-9PM**

**SATURDAY-SUNDAY: 8AM-6PM**

**PHONE NUMBER: (831) 337-8623**

**IPHONE**



# CLASS DESCRIPTIONS

## YOGA WITH MARY

THIS YOGA FLOW CLASS FOCUSES ON THE FUNDAMENTAL YOGA POSES THAT MAKE UP A WELL-ROUNDED YOGA PRACTICE. EMPHASIS IS PLACED ON SAFE AND EFFECTIVE ALIGNMENT DURING POSES AND DURING THE TRANSITIONS BETWEEN POSES. EACH CLASS INCORPORATES AN EXPLORATION OF ALIGNMENT, STRENGTH, BALANCE, FLEXIBILITY, BREATH, AND RELAXATION. INDIVIDUALS NEW TO YOGA, AND THOSE WHO HAVE BEEN PRACTICING FOR YEARS WILL ENJOY DEEPENING THEIR UNDERSTANDING OF THESE CORE POSES AND THE EFFECTS THEY CAN HAVE ON THE BODY, BREATH, EMOTIONS, THOUGHTS, AND SENSE OF BECOMING MORE CENTERED.

NO EXPERIENCE NEEDED, BUT GOOD BODY AWARENESS IS HELPFUL.

## YOGA WITH SONIA

TRIYOGA WITH SONIA IS A FLOWING FORM OF HATHA YOGA. TRIYOGA FUNDAMENTS INCLUDE RELAXATION-IN-ACTION, WAVE-LIKE SPINAL MOVEMENTS AND ECONOMY OF MOTION. WITH A SYSTEMIC APPROACH, STUDENTS CAN REMAIN WITH BASIC LEVEL OR PROGRESS TO SUBSEQUENT LEVELS. WITHIN EACH LEVEL, STUDENTS INCREASE THEIR KNOWLEDGE OF POSTURE AND FLOW, AS WELL AS STRENGTH, FLEXIBILITY, ENDURANCE AND BREATH CONTROL. APPROPRIATE FOR ALL LEVELS (BEGINNER, INTERMEDIATE OR ADVANCED STUDENTS).

## BOOTCAMP WITH CAITLYN

BOOTCAMP WELCOMES ALL FITNESS LEVELS. THIS CLASS COMBINES BODYWEIGHT EXERCISES WITH INTERVAL AND STRENGTH TRAINING.

EXPECT A FULL BODY WORKOUT WITH THE GOAL OF IMPROVING STRENGTH AND ENDURANCE. MAXIMIZE CALORIE BURN WHILE HAVING FUN!

## BOOTCAMP WITH RICK

**60 MINUTE COMBINATION OF CARDIO AND CALISTHENICS FOR A FULL BODY WORKOUT!**

## AIR WITH RICK

AIR WORKOUTS ARE A PERFECT BALANCE OF CARDIO, RESISTANCE AND FLEXIBILITY TRAINING SCIENTIFICALLY DESIGNED FOR PEOPLE WHO WANT TO SLOW OR EVEN REVERSE THE AGING PROCESS. AIR WORKOUTS ARE ONE COMPONENT OF THE AGE IN REVERSE TRAINING SYSTEM THAT USES THE LATEST CUTTING EDGE EXERCISE AND NUTRITION SCIENCE TO EXTEND BOTH LIFESPAN AND HEALTHSPAN.

## ZUMBA™ WITH CECILIA

CECILIA'S ZUMBA™ CLASS TAKES THE "WORK" OUT OF WORKOUT, BY MIXING LOW-INTENSITY AND HIGH-INTENSITY MOVES FOR AN INTERVAL-STYLE, CALORIE-BURNING DANCE FITNESS PARTY. ONCE THE LATIN AND WORLD RHYTHMS TAKE OVER, YOU'LL SEE WHY ZUMBA® FITNESS CLASSES ARE OFTEN CALLED EXERCISE IN DISGUISE. SUPER EFFECTIVE? CHECK. SUPER FUN? CHECK AND CHECK

## ZUMBA™ WITH MARISA

ZUMBA™ "DITCH THE WORKOUT, JOIN THE PARTY" IS AN INTERVAL-STYLE DANCE FITNESS CLASS THAT COMBINES LOW-INTENSITY AND HIGH INTENSITY MOVES. YOU'LL BURN LOTS OF CALORIES AS YOU MOVE TO THE RHYTHMS FROM AROUND THE WORLD. THE BEST PART OF IT ALL IS THAT IT DOESN'T EVEN FEEL LIKE EXERCISE! CLASSES CAN BE GEARED FOR JUST ABOUT ANY FITNESS LEVEL. THOUGH MOST ZUMBA INVOLVES HIGH-IMPACT MOVES LIKE BOUNCING AND JUMPING, IT CAN BE MODIFIED TO MEET YOUR NEEDS.

## POWER HOUR WITH TESS

FROM BEGINNER TO ADVANCED, POWER HOUR AND BOOTCAMP ARE EXCELLENT TO KICKSTART YOUR DAY. ON MONDAYS, WE PRIORITIZE CARDIO AND POWER THROUGH BODYWEIGHT TRAINING. WEDNESDAYS ARE DEDICATED TO STRENGTHENING THE CORE, DEEP MUSCLES, AND ABS. FRIDAYS ARE FOCUSED ON STRENGTH TRAINING, INCORPORATING WEIGHTS.

## GET UP & WAKE UP WITH BEN

A CLASS FOR ALL LEVELS NO MATTER HOW FIT OR ANY LIMITATIONS YOU MIGHT HAVE. THE CLASS WORKS WITH BODY WEIGHT MOVEMENT, CORE, CARDIO, STRENGTH WITH EQUIPMENT SUCH AS MEDICINE BALL, DUMBBELLS, WEIGHTED BARS, EXERCISE BALL AND ZENO GYM. YOU WILL BE TAUGHT HOW THE NEW AND LATEST EXERCISE CRAZES THAT ARE OUT THERE! TO ALL ATHLETE OF LIFE! COME AND GET IN SHAPE!

## STARTING 5/14

## BARRE WITH JANE

GET READY TO WORK YOUR MUSCLES IN A LOW-IMPACT, YET CHALLENGING WAY! BARRE UTILIZES SMALL, ISOMETRIC BODY WEIGHT MOVEMENTS, LIGHT WEIGHTS & SOMETIMES SMALL YOGA BALLS TO STRENGTHEN & LENGTHEN MUSCLES, WHILE ALSO IMPROVING MOBILITY & FLEXIBILITY. WHETHER YOU'RE A TOTAL BEGINNER OR A SEASONED BARRE PATRON, WE'LL BE SURE TO GET OUR HEART RATES PUMPING, OUR PLIÉS ON POINT, AS THIS CLASS WILL CONTINUE TO CHALLENGE & CHANGE YOU EVERY WEEK!