



# Toadal Fitness Class Schedule Westside



	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00am	Spin/Bootcamp/ Pilates Alli		Spin/Bootcamp/ Pilates Alli				
9:15am	DancEmotion John	Zumba Cecilia	DancEmotion John	Zumba Jeannie	DancEmotion John	Gentle Yoga Padma	Pilates Power Macy
9:15am	Pilates Core Alli		Pilates Core Alli (streaming live)	Pilates Power Macy	Pilates Core Alli (streaming live)	MetCon Jason 9:30am	Zumba Cecilia 10:00am
10:30am	Yoga Foundation Ella	Yin Yoga Lucie	Hatha Yoga Padma	Yin Yoga Lucie	Hatha Yoga Padma	Yoga Sculpt Kia	Hatha Yoga Jade
10:30am	Strength- Cardio-Stretch Simon	Fully Fit Simon	Strength- Cardio-Stretch Simon	Fully Fit Simon		Zumba Joanna	

12.00pm		AIR ( Age In Reverse) Rick		AIR ( Age In Reverse) Rick			
1:00pm		Silver Sneaker Rick 20 people max		Silver Sneaker Rick 20 people max			
2.00pm		Silver Sneaker Rick 20 people max		Silver Sneaker Rick 20 people max			

5:30pm	Group Cycling Lisa		Group Cycling Lisa				
5:30pm	MetCon Jason	Zumba Cecilia	MetCon Jason	Zumba Cecilia	Zumba Joanna		
5:30pm	Hatha Yoga Jade	Vinyasa Yoga Padma	Vinyasa Yoga Ella	Vinyasa Yoga Padma			

**Club Hours: Monday-Thursday 6:00am-9:00pm, Friday 6:00am-8:00pm / Saturday-Sunday 8am-6pm**

**Childcare Hours: Monday-Friday: 9am-7:30pm; Saturday-Sunday: 9am-2pm**

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

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**IPHONE**



**ANDROID**

# Toadal Fitness Westside Class Descriptions

<b>Gentle Yoga</b>	This class offers yoga in a most relaxing, meditative, and calm manner. There is a gentle engagement with postures, deep breathing and a low intensity yoga
<b>Vinyasa Yoga</b>	When we pair our movement with the breath, we call this Vinyasa Yoga. This movement naturally builds intensity and heat in the body. Vinyasa yoga is challenging, invigorating and the most intense style of yoga we offer. We breathe from posture to posture and begin to flow with our unique bodies.
<b>MetCon</b>	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.
<b>Silver Sneakers</b>	(for our 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 silver-sneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.
<b>Pilates Core Camp</b>	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!" ( Also available streaming live)
<b>Yoga Foundation</b>	Class begins with general and targeted warm-up sequences followed by postures which are taught from their foundations using fundamental building blocks to enable students to explore the postures correctly, safely and to their own ability before bringing it all together into a Vinyasa, a breath-connected sequence.
<b>AIR</b>	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 health span.
<b>Strength-Cardio Stretch</b>	The class title spells it out. A full body workout designed for all fitness levels consisting of an initial strength portion, a high intensity cardio portion, and an extended core training/ stretching period to close out the class. The strength portion provides the opportunity to focus on key movements and progress in weight and form, while the hiit portion gets the heart and lungs pumping. The final core and stretching session offers the chance to tone, restore, and relax.
<b>Fully Fit</b>	A dynamic, high intensity cross training class, combining free weights, bodyweight exercises, and TRX movements. Provides the structure and energy of a met-con class with the variety and scalability of a TRX class. A wide enough range of movements and modifications to keep each workout challenging, safe, and fun for all ages and skill levels!
<b>Yoga Sculpt</b>	Yoga Sculpt is a unique combination of power yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this high-intensity workout will leave you feeling stronger, refreshed and uplifted
<b>Hatha Yoga</b>	Hatha yoga, pronounced Ha'Ta', is a general term for yoga postures. Hatha yoga is geared towards holding postures longer, with a deep focus on breath. This class offers many different poses with different variations to challenge the practitioners. The emphasis is on posture alignment and breath connection.
<b>Pilates Power</b>	Pilates Power combines Pilates with cardio sequences for an energizing, full body workout. This class incorporates props such as low weights, blocks, etc to enhance the movements and aid in toning your body. Modifications are always available and more than encouraged!
<b>Yin Yoga</b>	Lucie likes to remind her students of the importance of being, rather than doing, on a yoga mat. This class is accessible for all levels. You will find a slower and gentler yoga where the postures are held for several minutes in order to release all tension (body and mind). Seeking stillness while focusing on breathing. If you need to let go and find peace, you've come to the right place
<b>Zumba</b>	Zumba is a fusion of Latin and international music combined with dance fitness moves to create a dynamic and effective cardiovascular and toning workout.