



# TOADAL FITNESS SCOTTS VALLEY CLASS SCHEDULE



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		<b>HIIT Camp</b> Kristi		<b>HIIT Camp</b> Kristi			
7:45 AM		<b>Spin</b> Christi		<b>Spin</b> Christi			
8:00 AM	<b>Power Core</b> Kristi		<b>Power Core</b> Kristi		<b>Power Core</b> Kristi		
9:00 AM	<b>Total Body Sculpt</b> Melanie	<b>Zumba</b> Jeannie	<b>Cardio Kickboxing</b> Wendy	<b>Zumba</b> Robin	<b>Total Strength Training</b> Melanie	<b>Hip-Hop</b> Jaelynn	
9:00 AM	<b>Yoga</b> Jessika		<b>Yoga</b> Jessika	<b>Barre</b> Amy	<b>Yoga</b> Wesley	<b>Barre</b> Amy	<b>Spin</b> Amy
10:15 AM	<b>Zumba</b> Jessika		<b>Zumba</b> Jessika		<b>Zumba</b> Annabelle	<b>Yoga Alignment</b> Junko	<b>Yoga Alignment +</b> Junko
10:30 AM		<b>Bootcamp</b> Tess		<b>Bootcamp</b> Tess			
10:45 AM		<b>Relax &amp; Restore Yoga</b> Junko		<b>Relax &amp; Restore Yoga</b> Junko			
11:30 AM						<b>Yoga Alignment</b> Junko	
1:30 PM		<b>Silver Sneakers</b> Delphine		<b>Silver Sneakers</b> Delphine	<b>UPDATED ON: 04/10/2024</b>		
5:00 PM							
5:30 PM	<b>Pilates</b> Kristof	<b>Body Pump</b> Vanessa	<b>Pilates</b> Kristof	<b>Body Pump</b> Vanessa			
5:30 PM	<b>Cardio Kickboxing</b> Wendy	<b>Yoga</b> Shawn	<b>Zumba</b> Cynchie & Rosie	<b>Yoga</b> Steve			
6:30 PM		<b>Spin</b> Melanie		<b>Spin</b> Melanie			

**CLUB HOURS: Monday - Friday 6am-8pm , Sat & Sun 8am - 4pm**  
**269 Mount Hermon Rd, Scotts Valley CA 95066 // (831)-430-9200**

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**SCAN ME !!**



## Class Descriptions

Bootcamp	A high impact bootcamp class that includes bodyweight exercises, focusing on strength and conditioning with modifications for everyone. It's a total body workout that you will appreciate even for a few days afterwards!
Body Pump	Total body workout, this class welcomes all fitness levels. Class includes dumbbells, kettlebells, and resistance bands for strength training. The strength training is accompanied by a variety of cardio pop (15 mins cardio / 40 mins strength training)
Spin	Low-impact cardiovascular workout that is a ton of fun to do with friends. Oh and by the way your legs will thank you later.
HIIT	Join us early mornings for a total body workout. This includes stations for cardio and weight training. It promises to make you sweat. All fitness levels are welcome, we just ask that you be on time to make class run smoothly for everyone.
Pilates	With an emphasis on strengthening the body's core (hips, abdominals, lower-back, glutes etc.) Pilates will give you the core strength you desire while reducing back pains and improving posture.
Barre	This class combines bodyweight exercises, light resistance training, and isometric movements with a touch of ballet style to tone and strengthen the body while improving posture and flexibility.
Power Core	This core focused class strengthens and restores the entire body, through movements challenging your cardio endurance, stability, and flexibility.
Silver Sneakers	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a silver sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
Zumba	ZUMBA is a fusion of Latin and international music combined with dance fitness moves to create a dynamic and effective cardiovascular toning workout. Get a taste of Meringue, Salsa, Flamenco, Samba, Tango, and Reggaeton.
Total Body Sculpt	The objective is to refine and tone all muscles in the body through extended sets. The class is practiced with bodyweight, accompanied by trendy music for maximum motivation. The class is filled with a joyful atmosphere where each participant is free to go at their own pace.
Strength Training	This class focuses on building strength and muscle tone through a variety of exercises with dumbbells. Bonus here? You'll benefit from posture corrections if needed.
CARDIO KICKBOXING	CK : Series of rhythmic boxing and kickboxing movements. You can expect a combination of punches, kicks, jumping movements, strength training, and choreographed movement sequences set to music. This form of exercise is excellent for improving fitness, strengthening muscles, increasing endurance, and burning calories