







JULY 2010

GROUP FIT

Laguna Hills
Group Fitness Supervisor:
Lidia Soto

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	 CYCLE Maria	BODY BLAST Estella	 CYCLE Estella	BODY BLAST Maria C.	 CYCLE Maria		
7:30 am						STEP Carolyn	
8:30 am	STEP & PUMP INTERVAL Valerie	ZUMBA! Lidia	◆ BODY BLAST Karen	TKB: TURBO KICKBOXING Juliet	◆ BODY BLAST Teri C.	BODY BLAST Paula	BOOT CAMP Dawn
9:30 am	 CYCLE Tina A.	TKB TURBO KICKBOXING Nicki	CYCLE Bobbe	C.S.I. Carolyn	◆ ZUMBA! Alicia	TKB TURBO KICKBOXING Juliet	◆ ZUMBA! Vanessa
10:30 am	YOGA Jenny	◆ CORE FUSION Nicki	YOGA Jenny	MAT PILATES Sandy	BOOT CAMP Nicki	◆ MAT PILATES Christine	
Noon	CARDIO INTERVAL Paula		ZUMBA GOLD Anette <small>NEW INSTRUCTOR!</small>		◆ DRUMS ALIVE  Paula	◆ Starts at 11:30 am TAI CHI Christine	
4:30 pm	HIP HOP HUSTLE Holly H.	 CYCLE & PUMP Juliet	◆ CORE FUSION Nicki	C.S.I. Nancy	◆ ZUMBA! Anette	Kickin' Cancer Event! Tuesday, July 27th Specials offered in our Personal Training Department and Spa from 10 am to noon and 5 pm to 7 pm. Special Group Fit Schedule of Classes throughout the day! Free kids' club and special guests!	
5:30 pm	KICKBOXING WITH BAGS Vicky	◆ BODY BLAST Ida	TKB TURBO KICKBOXING Juliet	STEP & PUMP INTERVAL Karen	YOGA Usha		
6:30 pm	◆ BODY BLAST Holly Lafata	MAT PILATES Usha	◆ ZUMBA! Alicia	CARDIO DANCE Rashmi			
7:30 pm	CORE FUSION Kathy	YOGA Lauren/Usha	MAT PILATES Adele	RESTORATIVE YOGA Christine			
CLUB HOURS	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	6 am - 8 pm	6 am - 8 pm
CHILD CARE HOURS	8 am-1 pm & 4-8 pm	8 am-12 pm & 4-8 pm	8 am-12 pm & 4-8 pm	8 am-12 pm & 4-8 pm	8 am-12 pm & 4-7 pm	8 am-12 pm	Child Care Closed

23541-B Calle De La Louisa, Laguna Hills
(949) 859-2201
Download this schedule at:
www.TotalWomanSpa.com

**Total
WOMAN Gym & Day Spa**

All classes are 50 minutes in length and are subject to change without notice.
TBA - To Be Announced

◆ Numbered Class Pass Required
30 minutes prior to start of class--
Only one pass per member please.