



Becky Montero
Group Exercise Manager

MONDAY

6:00 – 7:30	Ashtanga Yoga ✕	Mark
8:00 – 8:45	Twinges	Robin K
8:30 – 9:30	Pilates Mat ✕	Robin C.
8:45 – 9:30	Trekking	Robin K
9:00 – 10:00	Aquamotion	Linda/Nancy
9:30 – 10:30	Hip Hop Jamz ●	Sheri
11:00 – 12:00	SilverSneakers® ■	Andrew
5:00 – 6:00	Hard Core ●	Moises
5:00 – 6:15	Yoga Flexibility ✕	Elizabeth
6:00 – 7:00	Road Cycle	Pam
6:30 – 7:30	Aquamotion	Linda

TUESDAY

6:00 – 7:15	F'Ab Cycle	Maria
7:45 - 9:00	Iyengar Yoga ✕	Carol
8:00 – 8:45	Twinges	Georgette
8:30 – 9:30	Extreme Cycle	Robin C.
9:30 – 10:30	Hard Core ●	Bonnie
10:00 – 11:00	Aquamotion	Nancy
10:00 – 11:15	Vinyasa Yoga Flow ✕	Linda
11:30 – 12:30	SilverSneakers® ■	Nancy
5:30 – 6:30	Just Strength ●	Linda/Jessica
6:00 – 7:00	Cycle	John
6:30 – 7:30	Pilates Mat ●	Linda/Jessica
6:30 – 7:15	Cardio Chair Dance*	Dusty
7:30 – 8:30	Pole Tricks *	Dusty
8:30 - 9:30	Pole Tricks *	Dusty

WEDNESDAY

6:30 – 7:15	Trek/Abs	Sheri
8:00 – 8:45	Twinges	Georgette
8:45 – 9:30	Trek/Abs	Sheri
8:30 – 9:30	Cycle	Mike
9:00 – 10:00	Aquamotion	Georgette
9:30 – 10:30	Pilates Mat ●	Bonnie
11:00 – 12:00	SilverSneakers® ■	Georgette
12:00 – 1:15	Racquettes ✕	BeeJay
5:00 – 6:00	Step Challenge ●	Moises
6:00 – 7:00	Pilates Mat ●	Moises
6:00 – 7:00	Studio Ride	Joseph
6:30 – 7:30	Aquamotion	Nancy
7:00 – 8:00	Belly Dancing ●	Dana

THURSDAY

6:00 – 7:15	F'Ab Cycle	Maria
7:45 – 9:00	Iyengar Yoga ✕	Carol
8:00 – 8:45	Twinges	Robin K.
8:30 – 9:30	Extreme Cycle	Robin C.
9:30 – 10:30	Hard Core ●	Robin C.
10:00 – 11:00	Aquamotion	Nancy
11:30 – 12:30	SilverSneakers® ■	Nancy
5:15 – 6:30	Vinyasa Yoga Flow ✕	Linda
6:00 – 7:00	Cycle	Maria
6:30 – 7:15	Cardio Chair Dance*	Dusty
7:30 – 8:30	Pole Tricks *	Dusty
8:30 - 9:30	Pole Tricks *	Dusty

● - Classes held in Studio #1
 ✕ - Classes held in Studio #3
 ■ - Classes held in the Basketball Court
 Trekking Classes are held on the 3rd floor
 All Cycle classes are held in Studio #2

* - Classes that have an asterisk next to the name are fee based classes.

Effective: November 17, 2009

FRIDAY

6:00 – 7:30	Ashtanga Yoga ✕	Mark
7:45 – 9:00	Iyengar Yoga ✕	Carol
8:00 – 8:45	Twinges	Robin K
8:30 – 9:30	Pilates Mat ●	Marsha
8:45 – 9:30	Trekking	Robin K
9:00 – 10:00	Aquamotion	Linda
9:30 – 10:30	Just Strength ●	Marsha
11:00 – 12:00	SilverSneakers® ■	Linda
5:30 – 6:30	Aquamotion	Nancy/Georgette

SATURDAY

8:00 – 8:45	Trekking	Robin K
8:30 – 9:45	Endurance Cycle	Robin C
8:30 – 9:30	Step Challenge ●	Moises
9:00 – 10:15	Ashtanga Yoga ✕	Minh
9:30 – 10:30	Aquamotion	Moises
10:30 – 11:45	Racquettes ✕	BeeJay

SUNDAY

9:00 – 10:00	Cycle	Jessica
9:00 – 10:00	Step and Sculpt ●	Shari
9:00 – 10:15	Yoga Flow ✕	Mark
10:00 – 11:00	Just Strength ●	Jessica
10:00 – 11:00	Aquamotion	Moises/Nancy

Meridian's Bodies In Motion
 1535 Deerpark Drive
 Fullerton, CA 92831
 714-961-0400

Club Hours:

Monday – Friday 5:00 AM – 11:00 PM
 Saturday & Sunday 7:00 AM – 8:00 PM

Kids Club (714) 450-7314

Mon – Sat: 8:30 A.M. – 1:00 PM
 Mon – Wed: 4:30 PM – 8:00 PM
 Saturday and Sunday : 8:30 AM – 1:00 PM

CARDIO / STRENGTH

AQUAMOTION – An invigorating water workout, which includes cardiovascular conditioning, upper and lower body muscle toning, and yoga stretches. Perfect for all fitness levels, those with back or knee injuries, and pre/post natal women. No swimming skills required.

BELLY DANCING – Belly dance is based on natural body movement. It is a thorough and effective exercise for every part of the body. Because of this, it's great for all ages, sizes, and body types.

CARDIO CHAIR DANCE* – This class will teach you moves that can be done on the floor and in a chair. You will challenge your core muscles as you use them to perform exotic dance moves. Students should wear comfortable workout attire. All classes will include a warm up, cardio conditioning, muscle toning, instructional periods and a cool down. This is a fee based class. Ask for pricing at the front desk.

HARD CORE – Test your muscular strength and endurance in this body sculpting class focusing on your core muscles. Improve your functional strength, total body balance and coordination.

HIP HOP JAMZ– Move and be moved! Using the latest trends in choreography, each move is broken down to create the ultimate hip-hop routine. Melt away fat while boosting your dance skills.

JUST STRENGTH –Take traditional body sculpting to the new millennium. A results oriented class using a plate-loaded barbell system. This class focuses on resistance work with moderate to heavy loads, incorporating current weight training principles. This workout is guaranteed to burn calories, increase lean muscle mass, and improve strength and endurance.

POLE TRICKS* – An excellent form of exercise where you will use the pole as a workout prop while exploring your inner DIVA. This form of exercise increases upper body strength by using the body itself as resistance while toning the body as a whole. No athletic or dance ability is required. Just bring your beautiful form and come play. Students should wear comfortable workout attire. All classes will include a warm up, cardio conditioning, muscle toning, instructional periods and a cool down. This is a fee based class. Ask for pricing at the front desk.

RACQUETTES – The Raquettes meet twice a week to learn different dance styles. These easy to learn movements are the ideal total body workout for strength and mobility.

SILVERSNEAKERS ® - Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing with handles, and a ball are offered for resistance: a chair is used for seated and/or standing support.

STEP CHALLENGE –A classic high intensity exercise class utilizing and adjustable platform to “step” your way to tone and sculpted legs and buttocks.

STEP REMIX – Learn to mix a perfect blend of leaps, stomps, and over the tops. All in only one hour of pure step fun!

STEP & SCULPT – Interval training, designed to promote increases in aerobic and anaerobic energy systems, is focused on in this class that that will get you moving to Step routines for a specific time frame and then Strength Training for a timed segment.

TREKKING – Join us on the third floor for a challenging “group treadmill” workout designed for walkers and runners of all fitness levels. Whether you want to train for a marathon or just get in shape Trekking is for you!

TREK/ABS – This half hour class is followed by 15 minutes of abdominal work.

TWINGES – This low intensity pool class is geared for the infrequent exercisers or anyone with back or knee injuries or limited range of motion.

CYCLE

A vigorous cardio class without comparison. This class uses a specialized stationary bike in a group exercise setting; perfect for any fitness enthusiast, recreational cyclist or serious racer.

ENDURANCE RIDE – This 75 minute class is not your average workout. Whether you are training for a specific event or just want to improve your strength on the bike, this coaching style class will build your endurance for better performance.

EXTREME CYCLE – This class will challenge your toughness. Get ready to experience intervals in and out of the saddle, climbs, sprints, and much more.

F'AB CYCLE – Ride your way to fabulous abs. In this class you will ride for 60 minutes and follow up with 15 minutes of intensive ab work.

ROAD CYCLE – This class includes drills to simulate outdoor riding techniques.

STUDIO RIDE – Experience a different ride each week with a variety of drills, terrain and visualizations in this cycle class.

MIND/BODY

ASHTANGA YOGA – This class consists of a series of poses including Sun Salutations A & B, standing sequence, seated primary series, and the finishing sequence. The result is a strong body and calm mind

IYENGAR YOGA – A form of Yoga emphasizing the development of strength, stamina, flexibility, balance, and meditation. The use of props will aid in experiencing asanas easier and fuller.

PILATES MAT – The mat work is a series of floor exercises designed to focus on targeting the entire body. The key elements of this class are core muscle strength and spinal alignment.

VINYASA YOGA FLOW – The body-mind benefits of yoga exercise in a vigorous format designed to give you an overall conditioning class. Each movement will meld into the next for continuous flow linked with breath generating heat and stamina.

YOGA FLOW – This class blends elements of Ashtanga, Iyengar and Viniyoga, which emphasizes proper alignment at an accessible pace. This is an all-level class with plenty of modifications available to beginners.

Please note the scheduled instructor and/or class may change or be cancelled without notice.