



Becky Montero
Group Exercise Manager

WEDNESDAY

6:30 – 7:15	Trek/Abs	Robin K.
8:45 – 9:30	Trek/Abs	Robin K.
8:30 – 9:30	Zumba X	Sandy
9:00 – 10:00	Aquamotion	Georgette
9:30 – 10:30	Pilates Mat ●	Bonnie
11:00 – 12:00	SilverSneakers® ■	Georgette
12:00 – 1:15	Racquettes X	BeeJay
6:00 – 7:00	Pilates Mat ●	Moises
6:00 - 7:00	Cardio Kickboxing ▲	Sam
6:15 – 7:15	Aquamotion	Nancy
6:30 – 8:00	MMA ◆	Sam/Vince

THURSDAY

6:00 – 7:15	Cycle and Abs	Maria
7:45 – 9:00	Iyengar Yoga X	Carol
8:00 – 8:45	Twinges	Nancy
8:30 – 9:30	Extreme Cycle	Robin C.
9:45 – 10:30	Spartacus ●	Robin C.
10:00 – 11:00	Aquamotion	Nancy
11:30 – 12:30	SilverSneakers® ■	Nancy
5:30 - 6:30	Turbo Kick X	Sandy
6:00 – 7:00	Studio Ride	Joseph
6:30 – 7:30	Zumba X	Angel
6:30 – 8:00	MMA ◆	Sam/Vince

MONDAY

6:00 – 7:30	Ashtanga Yoga X	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
9:45 – 10:30	Spartacus ●	Robin C.
11:00 – 12:00	SilverSneakers® ■	Andrew
5:00 – 6:15	Yoga Flexibility X	Elizabeth
6:00 – 7:00	Extreme Training ●	Hans
6:15 – 7:15	Aquamotion	Linda
6:30 - 7:30	Zumba X	Angel
6:30 – 8:00	MMA ◆	Sam/Vince

TUESDAY

6:00 – 7:15	Cycle and Abs	Maria
7:45 - 9:00	Iyengar Yoga X	Carol
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	Cardio Yoga X	Linda
11:30 – 12:30	SilverSneakers® ■	Nancy
5:30 – 6:30	Turbo Kick X	Lena
6:00 – 7:00	Road Cycle	Pam
6:30 – 8:00	MMA ◆	Sam/Vince

FRIDAY

6:00 – 7:30	Ashtanga Yoga X	Mark
7:45 – 9:00	Iyengar Yoga X	Carol
8:30 – 9:30	Pilates Mat ●	Marsha
9:00 – 10:00	Aquamotion	Linda
9:30 – 10:30	Just Strength ●	Marsha
9:30 – 10:30	Dance Party X	Talia
11:00 – 12:00	SilverSneakers® ■	Linda
6:00 – 7:00	Extreme Training ●	Hans

SATURDAY

8:00 – 8:45	Trekking	Robin K
8:30 – 9:45	Endurance Ride	Robin C
9:30 – 10:30	Zumba X	Angel
9:30 – 10:30	Aquamotion	Moises
9:30 – 10:30	Cardio Kickboxing ▲	Sam
9:45 – 10:30	Spartacus ●	Robin C.
10:45 – 12:00	Racquettes X	BeeJay

SUNDAY

9:00 – 10:00	Cycle	Jessica
9:00 – 10:15	Yoga Flow X	Mark
10:00 – 11:00	Just Strength ●	Jessica
10:00 – 11:00	Aquamotion	Moises/Nancy

● - Classes held in Studio #1
 X - Classes held in Studio #3
 ■ - Classes held in the Basketball Court
 ▲ - Classes held on the 3rd floor/Bags/Ring
 ◆ - Classes held on 3rd floor Grappling Room
 Trekking Classes are held on the 3rd floor
 All Cycle classes are held in Studio #2

Effective: Jan 7, 2012

Meridian Sports Club
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 – 12:00 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.

BOXING – Learn the true art of boxing. The boxing ring and heavy bags will be used as participants work on defensive and offensive skills. Mix up your routine with these full body workouts. All fitness levels welcome.

CARDIO KICKBOXING – The perfect total body workout and fastest way to a toned fighter's body. This workout will combine the elements of boxing, martial arts, and aerobics to build strength in every muscle group while gaining flexibility.

DANCE PARTY – Turn on the music and get this party started. This addictive hip hop class will incorporate the latest dance styles and hottest sounds into a booty shakin workout.

EXTREME TRAINING – A perfect combination between heart pumping cardio and intense strength training. This total body workout is challenging and feels like you are working one-on-one with a private coach.

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.

JIU JITSU – Each class will include a warm up, self defense drills, take downs, ground work, and grappling designed to teach you to subdue your opponent. This sport relies on timing and leverage to get the upper hand. No previous experience is required to begin.

JUST STRENGTH – 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.

MMA – Our MMA Instructors will provide technique and conditioning training for all fitness levels. Whether you want to learn self defense fundamentals, effective striking, how to take it to the ground or just train like an athlete...this class is for you!

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.

SPARTACUS – This interval class combines short high-intensity drills with endurance resistance and core strength, all timed specifically with very few breaks in between. All fitness levels are welcome. Modifications will be shown. Please arrive to class 5 minutes early for equipment set up.

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

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.

TURBO KICK – Combines shadow boxing, kickboxing, sports drills, and simple dance moves. The format is specially crafted to strengthen and tone the entire body with a special focus on the abs and waistline. Side effects of Turbo Kick...Rock hard abs and FUN!

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

ZUMBA – Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that will move you toward joy and health.

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.

CYCLE AND ABS – 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.

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.

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

CARDIO YOGA – Go beyond your ordinary Yoga Class. Combine Cardio, Yoga, Core Strengthening, and Resistance Training, using weights as an individual option, all set to an up-beat tempo. Take your practice to the next level with this fusion style class incorporating all your favorite formats.

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.

YOGA FLEXIBILITY – Stretch not only your muscles but all of the soft tissue of your body. That includes ligaments and tendons. Loosen tight muscles and release lactic acid build up that causes tension, pain and fatigue.

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.