

# San Francisco Tennis Club Group Exercise Schedule

## **CARDIO KICK AND CONDITIONING**

Kickbox techniques used for overall conditioning. Everyone is welcome!

## **CORE STRENGTH AND FLEXIBILITY: ABS**

Half-hour classes to exercise the four parts of the abdominals and lower back. Followed by sports stretches. Everyone is welcome!

## **HATHA YOGA**

Challenging and restorative poses using breath, alignment, and imagery to explore movement from your center.

## **LATIN DANCE EXPLOSION**

Learn Salsa, Merengue, Cha Cha Cha and other Latin dances in this instructional format.

## **MEDITATIVE YOGA**

Yoga through breathing and meditation.

## **MORNING MUSCLE**

Some cardio, some muscle conditioning. This class would be a great way to start out your day. All levels welcome.

## **PILATES-BASED MAT CLASS**

The basis of the Pilates method. Controlled movements are performed either sitting or lying on the floor. They are designed to strengthen the core abdominal and back muscles as well as to stretch muscles throughout the entire body.

## **PILATES REFORMER CLASS**

The Reformer is the most versatile piece of Pilates equipment. Exercises are performed in many positions on a sliding carriage attached to springs and pulleys. The springs provide resistance in order to strengthen major muscle groups in addition to the core abdominals.

## **POWER STEP**

An hour of strength, balance, and stability work. Use hand weights, tubing, benches, flex balls, and other equipment to challenge your muscular/functional strength and core stability.

## **PRECISION CYCLING**

45-minute high intensity, low impact high tech indoor cycling class. Come a few minutes early to speak with the instructor if you are a beginner.

choreography in a fast-paced class that includes both abdominal and back care.

## **STRETCH AND TONE**

This class is great for the complete body toning, muscle lengthening, flexibility, lower back strength; weighted resistance has also been proven beneficial to arthritis. You won't "bulkup" in this class, you will tone, lengthen, and strengthen all major muscle groups.

## **TENNIS/SPORTS CONDITIONING**

The Monday class focuses primarily on toning and the strengthening of muscles utilized for every sport possible! Everyone is welcome! The Wednesday class begins with half-hour of footwork drills that will get your heart rate going. The second half-hour is toning and strengthening. Everyone is welcome!

## **VINYASA YOGA**

An energizing, dynamic, and creative class that links postures with breath in continuously flowing movement.

## **YOGA I**

Hatha Yoga for all levels to improve flexibility, concentration, and energy.

## **YOGA II**

Hatha and lyngar style yoga for the experienced, only advanced students please!

### Class Guidelines

1. For your safety and courtesy to other members, please arrive no more than 10 minutes late.
2. If you are unsure about the physical abilities necessary for a class, please do not hesitate to ask the instructor for advice.
3. Advise the instructor of any limitations such as pregnancy, back, neck, or knee problems.
4. Tools, props, and weights must remain inside the studio.