

TRIFIT

JANUARY 2013 GROUP FITNESS SCHEDULE

Please check out www.TriFitLA.com monthly for the most update schedules.

MEMBERSHIP PRICING:	
Day Pass	\$20
Corporate Rate	\$69
Community Rate	\$83
Squash Rate	\$130
Martial Arts - Kids	\$150
Martial Arts - Adults	\$170

- HERE'S WHAT'S NEW IN GROUP FITNESS**
 B.E.A.T. Spin Wednesdays at 6:30p
 A.R.C. Training Tuesday and Thursday at 5:30p
 Yoga with Ropes Every-Other-Friday at 5:30p
 Yoga Music Flow Friday at 7:00a
 Hip Hop Bodyshop Tuesday and Thursday at 12:30p

- NEW: MEMBER MONTHLY CHALLENGE...**
 This month is the PLANK HOLD. Sign up at the front desk and hold your timed plank by January 31st for the chance to win a Personal training session *or* Massage. *male + female winner

- We Want Your Feedback:**
 Let us know what you like so we can be sure to provide you with classes you enjoy! Leave us a good review on Yelp and receive a free water bottle!

	YOGA/PILATES TrüYoga Studio	CYCLING / FITNESS Spin Studio	GROUP FITNESS P1 Training Room	POOL** P1
MONDAY	7:15am - 8:30am Hip Hop Yoga - Lauren 10:30am - 11:55am Gentle Yoga - Leslie 12:00pm - 12:55pm Power Yoga - Dan 1:00pm - 1:55pm Power Vinyasa Flow - Sean 6:00pm - 7:25pm Hip Hop Yoga - Lauren 7:30pm - 9:00pm Vinyasa Flow - Grace	12:00pm - 1:00pm Group Cycle - Sharon 6:15pm - 7:15pm Group Cycle - Nikki	1:00pm - 2:00pm Core Conditioning - Ian 6:30pm - 7:30pm Power Hour - Melissa	1:00pm - 2:00pm Rad Hallman Swim Workout (Level 2)
TUESDAY	12:00pm - 12:55pm Yoga Flow - Grace 1:00pm - 1:55pm Power Vinyasa Flow - Alyssa 5:45pm - 7:10pm Power Vinyasa Flow - Steve 7:15pm - 8:45pm Hatha Yoga - Alyson	6:30am - 7:30am+ Group Cycle - Gina 12:10pm - 12:25pm Absolution - Julie 12:30pm - 1:30pm Hip Hop- Lia 5:30pm - 6:30pm A.R.C. Training - Ian 6:45pm - 7:45pm ++ 12 week bootcamp	7:00am - 8:00am++ 12 week bootcamp 12:00pm - 1:00pm MartialFit - Richard 1:00pm - 2:00pm Cardio Kickboxing - Ryan	
WEDNESDAY	7:15am - 8:30am Hip Hop Yoga - Lauren 10:30am - 11:55am Gentle Yoga - Leslie 12:00pm - 12:55pm Power Yoga - Dan 1:00pm - 1:55pm Power Vinyasa Flow - Sean 6:00pm - 7:25pm Hip Hop Yoga - Lauren 7:30pm - 9:00 pm Vinyasa Flow - Grace	12:00pm - 1:00pm Group Cycle - Sharon 6:30pm - 7:30pm BEAT Spin - Julie	1:00pm - 2:00pm Core Conditioning - Ian 6:30pm - 7:30pm Power Hour - Melissa	12:00pm - 1:00pm Rad Hallman Swim Workout (Level 3)
THURSDAY	12:00pm - 12:55pm Yoga Flow - Grace 1:00pm - 1:55pm Power Vinyasa Flow - Alyssa 5:45pm - 7:10pm Power Vinyasa Flow - Steve 7:15pm - 8:45pm Hatha Yoga - Alyson	6:30am - 7:30am+ Group Cycle - Gina 12:10pm - 12:25pm Absolution - Julie 12:30pm - 1:30pm Hip Hop- Lia 5:30pm - 6:30pm A.R.C. Training - Ian 6:45pm - 7:45pm ++ 12 week bootcamp	7:00am - 8:00am++ 12 week bootcamp 12:00pm - 1:00pm MartialFit - Richard 1:00pm - 2:00pm Cardio Kickboxing - Ryan	
FRIDAY	7:00am - 8:00am Music Flow - Lily 12:00pm - 12:55pm Mat Pilates - Cassandra 1:00pm - 1:55pm Destress Yoga - Alyson 5:30pm - 6:45pm Beginners Yoga* - Alyssa 5:30pm - 6:45pm Yoga with Ropes* - Leslie	6:30am - 7:45am Group Cycle - Bernard 6:00pm - 8:00pm Movie Night Independent Spin	1:00pm - 2:00pm Bootcamp - Ryan	6:30am - 7:30am Rad Hallman Swim Workout (All Levels) 1:00pm - 2:00pm Rad Hallman Swim Workout (All Levels)
SATURDAY	9:00am - 10:30am Spin Yoga - Sharon (45 min Spin / 45 min Yoga)	9:00am - 10:30am Spinoga - Sharon (45 min Spin / 45 min Yoga)		

*Alternating Fridays. Please note the given weeks each month these classes are held + Cycling class followed by an optional one mile run
 **Pool and Sauna close 15 minutes before closing time. ++ 12 week bootcamp classes are pre-paid

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JANUARY 2013 GROUP FITNESS CLASS DESCRIPTIONS

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HIP HOP YOGA: A fun vinyasa flow class set to Hip Hop music that will have you moving and grooving while getting a good workout!

GENTLE YOGA w/ THERAPEUTICS: This class is designed for students who want to move at a slower pace or who are returning from an injury. By honoring whatever limitations are present, students are guided to work intelligently with the therapeutic principles of symmetry and alignment to create a sense of freedom and stability in the body and cultivate an awareness of peace and joy in the heart.

POWER YOGA: Power Yoga focuses on balance and core strength and stability. By alternating between strength building yoga poses and a flow series, this class re-energizes the body and mind with an emphasis on movement, balance, and intention. Power Yoga is ideal for both beginning students as well as those who wish to explore the poses and breath more deeply; it can help beginning and advanced students enhance their yoga practice and take it to the next level. Be prepared to sweat!

HATHA YOGA: Hatha Yoga classes are designed to build strength, improve flexibility and develop a meditative focus. This class has an Iyengar - influenced approach so that students can deepen their understanding of their yoga practice and proper yoga pose alignment. This class includes breathing exercises and a guided relaxation/meditation at the end. It is great for beginners.

MUSIC FLOW: A fun flow class using breath, movement and music.

YOGA WITH ROPES: Imagine getting your favorite adjustment in each yoga pose for an entire class! Imagine hanging upside down or being in downward dog with no effort and feeling your spine decompress. The unique wall rope system adapts in infinite ways to support you so that you can go deeper and stay longer in poses that you love, cultivating more strength and flexibility, as well as the support to explore new poses and ranges of motion. Each class begins with core strengthening.

DESTRESS YOGA: Hectic schedule? No problem--take an hour out of your day to de-stress with this yoga class! It is perfect for beginners, those with injuries, or if you just need to decompress after a long week. Students will learn meditation and breathing techniques, and relax and energize through a series of yoga poses specifically designed to melt away stress and tension.

CYCLING: Indoor cycling is an excellent way to burn calories and fat. Fat Metabolism is maximized as classes are taught at, or slightly above training zones to increase endurance and achieve a higher level of aerobic and anaerobic fitness. Indoor cycling is non-impact, reducing the risk of injury. If you are looking for a way to max out calorie and fat burning, take one of our indoor cycling classes.

ABSOLUTION: A 15-minute intense core conditioning class designed to stretch, strengthen, and tone the abs, obliques, and lower back. Absolution is a great class to activate your core before or after a workout.

HIP HOP BODYSHOP: Learn the latest dance choreography of the hottest dance moves to burn calories, tone muscles, and burn fat! Latin steps, hip hop moves, and a great attitude will be the focus of the class. New dance every week, don't miss the fun!

A.R.C. TRAINING: A circuit training class involving various aerobic and resistance stations for a full body workout. Intended for all levels to increase your aerobic fitness. This class is designed to burn fat, build muscle, and boost your metabolism.

CYCLING MOVING NIGHT: Come watch a movie while cycling at your leisure.

B.E.A.T Spinning: 1 hour high intensity interval training class combining spinning and strength training through resistance bands. It is a total body workout with driving beats that will push you to a new level of fitness.

SPINOGA: Come join us for 45 minutes of Spin followed by 45 minutes of Yoga! Spinoga is a great way to get a combination workout in.

SWIM WORKOUT: Swimming is one of the best ways to get cardiovascular exercise. TriFit swim classes are offered in a variety of levels, ranging from level 1 (beginner, but familiar with strokes and comfortable in the water) to level 3 (advanced, experienced swimmers). TriFit classes include all aspects of swimming from stroke technique to speed and endurance. If you are looking for a great full-body, non-impact workout, join us in the pool!

BEGINNERS YOGA: This class is a great way to try yoga if you never have before. It is a gentle class that covers the basic principles of yoga.

MARTIAL FIT: Intense martial arts cross-training that builds cardio, core strength and muscle tone, but is more advanced than basic kicks & punches. Rooted in moves from both Traditional & Olympic Style Tae Kwon Do, Capoeira, Muay Thai, Boxing, & Filipino Martial Arts, combinations are applied to the air, to pads, and then to interactive partner drills, with quick attention to technique, strategy and mindset. Using resistance bands, medicine balls, plyometrics, and gymnastics ensure a solid core from which to launch explosive defense strikes.

KICKBOXING: Cardio kickboxing is a high-energy, full body workout that strengthens the torso for core stabilization. By using boxing, footwork drills, and kicks from various different martial arts, this class delivers an awesome cardio workout. Participants will kick and punch their way into shape using fun interactive partner drills to elevate their level of fitness! Circuit training is also used for this class and is guaranteed to be an excellent form of fat-burning exercise. All skill levels are welcomed.

CORE CONDITIONING: Core Conditioning is a full body workout that concentrates on the fundamental components of obtaining and maintaining a fit and functional body. This class is designed to accommodate everyone's individual level and focuses on correct technique to ensure your workout is both challenging and safe. This class will shape your body for a leaner, better, and healthier you.

POWER HOUR: Power Hour is an innovative, high-intensity workout using a variety of athletic training styles. This class is a fusion of cardio and strength based training, including: plyometrics, speed and agility, intervals and circuits, resistance and core conditioning. This fast-paced hour will keep your heart pumping as you blast calories and firm your entire body. With a workout that is constantly changing, your body won't plateau. It's a hard workout, but not too hard and modifications are offered for all fitness levels.

BOOTCAMP: The Bootcamp workout is highly motivating, functional and time efficient approach to strength training using a combination of functional full body movements with your core as the foundation. Ranges of low, moderate, and high intensity circuits and intervals are used to maximize training time and keep your heart rate up. Muscular strength, endurance, core strength, and cardiovascular fitness will shoot sky high by using traditional free weights and your own body weight.