



FITNESS CENTER

2026 CLASS CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7AM Rise and Reps 360 with Andy		6:15-7AM Hot Yoga with Coach Walsh				
	8:00 AM Sunrise Yoga with Tatiana		8:00 AM Sunrise Yoga with Tatiana		8:30 AM Cardio Barre with Tamara	
9:00 AM Silver Fit with Tatiana		9:30 AM Mat Pilates with Dina	9:00 AM Silver Fit with Tatiana	9:00 AM Rooted Yoga with Sindu		9:15 AM Hot Yoga with Coach Walsh
	10:00 AM Cardio Jam with Justin		10:00 AM Cardio Jam with Justin		10:00 AM Power Circuit Bootcamp with Tatiana	
12:00 PM Mat Pilates with Dina			12:00 PM TRX Fusion with Andy			
	5:00 PM Power Circuit Bootcamp with Tatiana	5:00PM Rooted Yoga with Sindu	5:00PM Barre Fusion with Tamara Sep 17-Oct 22			

**NEW CLASSES
IN ORANGE**

Make reservations at the Fitness Center front desk,
in the HOA mobile app
\$10 per class

Rooted Yoga: Uses Hatha and Vinyasa yoga alongside Yoga Nidra for a simple guided meditation that helps you feel grounded, connected and restored. Each session builds strength, flexibility, balance, through intentional movement and mindful breath.

Power Circuit Bootcamp: This combination of cardio and strength exercises will get your heart pumping, make you sweat, and challenge you for a total body burn. Participants will perform a series of exercises utilizing TRX Suspension Trainers, dumbbells and more for a versatile and functional workout. Class is suitable for all levels.

Sunrise Yoga: A classical vinyasa class focusing on attuning the body and mind to the vibrations of the rising sun. We will go through a series of warm-ups, sun salutations, and varying postures to set a positive, healthy, strong tone for the coming day.

Mat Pilates: This Pilates class is ideal for beginners as well as those who want to add variety to their existing workout routine. Mat Pilates incorporates all the key principles of reformer Pilates such as postural alignment, controlled breathing, strength, and flexibility. In class you will be instructed to do a variety of exercises that include twists, stretches, lifts, and curls. This class has tremendous benefits including enhanced flexibility, stress reduction, and increased endurance that is suitable for everyone of all fitness levels.

Cardio Jam: Get ready to move and groove your way to fitness in this high-energy dance party! You'll experience a full-body workout to elevate your heart rate while listening to your favorite tunes in this class designed to welcome all fitness levels (no dance skills required).

Silver Fit: This class is a dynamic workout session geared for our Senior members age 65 years and up. Participants will perform a series of exercises to engage multiple muscle groups simultaneously, allowing for versatile and functional movements suitable for individuals of all fitness levels, from beginner to expert. These workouts will focus on functional movements which target the upper and lower body, core, and stabilizer muscles, providing a comprehensive workout which can help promote better strength, flexibility, and balance.

Hot Yoga: Experience an invigorating one-hour Hot Vinyasa Yoga class, blending flowing movements with deep breaths in a heated environment (95 degrees). Energize your body, enhance flexibility, and find mental clarity as you flow through dynamic sequences. "Suitable for all levels, modifications will be offered to accommodate beginners and challenge experienced practitioners. Come hydrating, ready to flow, and leave refreshed.

Cardio Barre: A modern barre experience combining flowing barre sequences, Pilates-based floor work, and small-ball training. This low-impact class builds strength, stability, and cardio endurance through continuous movement and smart sequencing.

Barre Fusion: This class brings together the best of Ballet, Pilates, and Yoga in an energizing, low-impact, full-body workout! Using light weights, resistance bands, balls, and the wall, you'll sculpt and strengthen, improve flexibility, challenge your balance, and enhance posture—all in a fun, upbeat class that keeps you moving and feeling strong!

TRX Fusion: This energizing midday workout is your chance to get stronger, move better, and challenge your whole body! Blending TRX Suspension Training with functional strength and dynamic movement, each class builds strength, stability, balance, and core control while keeping you moving. Leave feeling stronger, energized, and accomplished.

Rise & Reps 360: This high-energy boot camp combines circuit training supersets, and functional strength exercises to challenge every fitness level. You'll move from station to station with minimal rest, keeping your heart rate up while building strength, endurance and overall conditioning. Expect a motivating atmosphere and positive coaching!