

# TOTAL WOMAN GROUP FIT

## BALDWIN HILLS

Club Hours: 6AM - 9PM | Kid's Club: Daily: 8AM - 12PM | Mon-Fri Only: 4PM - 8PM

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00AM	Afro Funk™ <b>NAYRE</b>	Oula Power <b>FAITH</b>	Zumba Gold™ <b>KAREN</b>	Oula Power <b>FAITH</b>		Afro Funk™ <b>NAYRE</b>	
9:00AM	Iyengar Yoga <b>SELENE</b>		Iyengar Yoga <b>SELENE</b>		Boot Camp <b>GWEN/ KAREN (alternate)</b>	Cardio Kickbox <b>KAREN</b>	H.I.I.T <b>ROSIE</b>
10:00AM		Barre Stretch & Sculpt <b>SHARI</b>		Barre Stretch & Sculpt <b>SHARI</b>		Samba <b>DIANNE</b>	
11:00AM	Strength & Lengthen REV DR LOUISE- DIANA		Abs, Buns & Guns <b>GWEN</b>				
12:00PM	Yin Yoga REV DR LOUISE- DIANA						
1:00PM							
5:00PM	Power Pump <b>GWEN</b>	Afro Soul <b>DANIELLA</b>	Caribbean Dance Fusion <b>KYKY</b>	Healing Flow Yoga <b>MIJEAN</b>	Afro Soul <b>DANIELLA</b>		
6:00PM	Strength Training <b>KAREN</b>	Slow Flow Yoga <b>LAURIE</b>	Strength & Lengthen REV DR LOUISE- DIANA	Strength Training <b>KAREN</b>	Healing Flow Yoga <b>MIJEAN</b>		
7:00PM	Samba <b>DIANNE</b>	Vinyassa Flow <b>LAURIE</b>	Yin Yoga REV DR LOUISE- DIANA	Barre Stretch & Sculpt <b>SHARI</b>			

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### Class Descriptions

#### **ABS, BUNS & GUNS (Arms)**

This is a calorie burning, muscle toning class geared to focus exclusively on shaping, toning and sculpting the lower body and arms. This class will also challenge your deep core muscles with the use of weights and resistance bands to help you strengthen and tone major muscles while increasing metabolism.

#### **AFROFUNK DANCE FIT™**

Is a unique cardio dance experience for All Levels! Beginners are welcomed!!! Fueled by music and beats from around the world, there is a "message in the movement" that inspires positive transformation. It uses a fusion of African, Caribbean, Hip Hop and Funk dance movements culminated into one amazingly fun, funky, cultural dance workout that Uplifts the Spirit, Energizes the body and Ignites the soul.

#### **AFRO SOUL**

A style of dance that embodies African roots, but is fun and high energy like Zumba.

#### **BARRE STRETCH & SCULPT**

An enjoyable low impact, full body workout fusion of ballet, yoga, strength and core exercises. Focus will be on entire body. Workout includes a warm-up and cool down..

#### **BOOT CAMP**

Are you looking to take your fitness game to the next level! Then (BCT) is the class for you. This class is a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns. Boot Camp Training is fun, and challenging. This full body workout is for all levels. This class is designed for maximum calorie burn in the shortest amount of time. The aim is to get you fit, healthy, and challenge your body, mind and most importantly make fitness fun.

#### **CARDIO KICKBOXING**

This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. A fusion of boxing, martial arts and aerobics usually done rhythmically to music.

#### **CARIBBEAN DANCE FUSION**

Enjoy the fun fusion of Caribbean dances as you move to the Hattian beats from West Africa, Jamaica's vibrant steps, and transport yourself to Trinidad's carnival. A truly fun and lively experience.

#### **HEALING FLOW YOGA**

A safe healing space for energy flow. Learn how to maximize every breath we take for maximum life. Calm the mind together, learn together, build strength together, release stagnant energy and enjoy our yoga healing flow.

#### **H.I.I.T - High Intensity Interval Training**

A form of interval training incorporating cardiovascular exercise alternating with short periods of weight and resistance exercise with less intense recovery periods. Helps to build strength, stamina and energy levels. This type of training gets and keeps your heart rate up and burns more fat in less time.

#### **IYNEGAR YOGA**

Using deep stretching to increase flexibility and release tension. Yoga sequences are designed to increase vitality, strength and improve balance. Gain a deeper understanding of the mind -body connection

#### **OULA POWER**

A strength/conditioning class with elements of HIIT, yoga and dance choreographed to Top 40's music. It's not how it looks, it's how it feels.

#### **POWER PUMP**

50 mins of pure sweat and grind. This small group barbell training class helps strengthen all major muscle groups. Get stronger, Get toned, Get Fit!

#### **SAMBA**

A lively, rhythmical dance of Afro-Brazilian origin. This class offers a high-energy exercise experience with emphasis on overall body shaping fun and weight loss. The sensuous and sexy Brazilian moves you will learn along with an exciting Afro-centric exercise routine. Are specifically designed to give you self-confidence while making you fabulously fit!

#### **SLOW FLOW YOGA**

Connect with the breath and find balance between the body and mind. Learn the basics of body alignment and gain better strength and flexibility by holding classic yoga postures using blocks and straps. Great way to build balance and focus. Beginners are welcome.

#### **STRENGTH TRAINING**

Low impact body weight exercises targeting overall strength, balance, flexibility and core conditioning. The use of hand weights, tubing, steps and stability balls may be used combining the intensity of resistance training, core strength of Pilates, and the discipline of yoga, for a stronger and defined you!

#### **STRENGTHEN & LENGTHEN**

Create a long and lean physique and maximize your posture with a dynamic and unique mixture of Pilates and strength conditioning techniques. Wonderfully intense and relaxing at the same time. This will be a mentally challenging but fun class that is both uplifting and flowing.

#### **VINYASSA FLOW**

Challenge the body to flow through yoga sequences including postures that stretch and strengthen the muscles around the spine, the legs, the arms, basically the entire body! Class will move quickly and will lead to a "fun" pose at the end. Intermediate level.

#### **YIN YOGA**

This class offers a chance to recharge rejuvenate and reconnect that blends yoga practice, relaxation, meditation and healthy living. Rev. Dr. Louise-Diana's intuitive approach to yoga masterfully guides you into poses and movements that release chronic tension and dissolve energy blocks to untie the web of knots that binds physical, emotional and mental clarity. Learn to take cues from your inner self to move through poses safely and creatively. The class is set to a unique music mix blend of world dance beats and offers an inspiring message and a deeply relaxing finish.

#### **ZUMBA GOLD™**

A lighter side of Zumba but with the same Latin flavor and fabulous music!