

FIVE POINTS FITNESS

Zumba: Fuses hypnotic Latin rhythms & easy to follow moves for a one of a kind fitness program that will blow you away!

TRX: Build your core strength & endurance, improve your balance, increase your flexibility & have fun doing it!

Bootcamp: A high intensity workout to increase strength & cardiovascular endurance. Build muscle, tone & burn fat!

In Alignment: Core strength training combined with postural assessment. Realign through movement to relieve your aches & pains.

Cardio, Core & More: Challenge major muscle groups in this cardiovascular and strength training workout. Abdominal conditioning and stretches end the class.

Mat Pilates: Floor based Pilates exercises emphasize core/abdominal & back strength. Steady controlled movements develop balance and posture while toning muscles.

Power Hour: Total body, heart pumping, aerobic & strength conditioning workout. Short intervals of max effort followed by longer intervals of low or medium intensity.

Yoga: Chose from Slow Flow, Iyengar, Prana or Hatha to improve breathing & posture.

Spinning: Classes take you through hill climbs, sprints, pacing & intervals for an energetic cardiovascular workout.

Tabata: Build muscle & burn fat by alternating 20 seconds of high intensity & 10 seconds of rest by working at 100% effort at your own level.

SHRED IT UP: A high-intensity interval plyometric-based workout uses a bench, DBs, KBs, and agility ladder. It combines explosive jumping exercises with agility exercises to build a lean body.



GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*FBF Compu 6:00 - 7:30am Matt	TRX 6:30 - 7:15am Hope	*FBF Compu 6 - 7:30am Matt	*FBF Compu 6 - 7:30am Felicity	*FBF Compu 6:00 - 7:30am Ritch	Spinning 7:30 - 8:30am Lynnette	Hatha Yoga 11:00am - 12:30pm Jude
	Spinning 6:30 - 7:30am Mary	*FBF Compu 7:00 - 8:30am Felicity	Spinning 6:30 - 7:30am Mary	TRX 6:30 - 7:15am Hope	Spinning 6:30 - 7:30am Lynnette	Core Fusion 8:50 - 9:50am Olivia	NEW! Complete Core Fusion Target your complete core: Abs, back & glutes. Build strength utilizing yoga pilates, bar, bands & tabata intervals. All levels welcome!
	Mat Pilates 8:00 - 9:00am Sutat	Tabata 9:00 - 9:45am Lauren	Iyengar Yoga Plus 8:30 - 9:35am Christa	Tabata 9:00 - 9:45am Lauren	Mat Pilates 8:30 - 9:30am Sutat	Bootcamp 10:00 - 10:55am Kristina	
	Iyengar Yoga Plus 9:00 - 10:15am Christa	Spinning 9:30 - 10:30am Michael	Zumba! 9:40 - 10:40am Rommy	Spinning 9:30 - 10:30am Michael	Spinning 9:30 - 10:30am Rudy	Prana Yoga 11:10am - 12:30pm Sutat	NEW! Salsa-Reggae Dance Mixes traditional & pop music from Cuba, Puerto Rico and Columbia. Includes low-high progressive choreography for all dance & fitness levels. Free until January, then \$7
	Zumba 10:30 - 11:30am Rommy	Cardio, Core & More! 9:55 - 11:05am Syndee	Mat Pilates 10:45 - 11:45am Sutat	Cardio, Core & More! 9:55 - 10:55am Syndee	Zumba 9:30 - 10:30am Fernanda	*Accelerate Youth 1:00 - 1:30pm Adam	
	TRX 12:00 - 12:50pm Andre	Stability & Mobility 11:10am - 12:00pm Sutat	TRX 12:00 - 12:50pm Andre	Prana Yoga 11:00am - 12:15pm Sutat	Hatha Yoga 10:30am - 12:00pm Jude		NEW! Latin-Flow Dance Very similar to Zumba but with an added twist! Free until January, then \$7
	In Alignment 5:00 - 6:00pm Jude	Slow Flow Power Yoga 5:00 - 5:55pm Olivia	*Parkinson's Exercise 1:30 - 2:00pm Lisa	Stability & Mobility 5:00 - 6:00pm Sutat	Slow Flow Power Yoga 5:00 - 5:55pm Olivia		
	Power Hour 6:10 - 7:00pm AJ	*Accelerate Youth 5:10 - 6:10pm Adam	In Alignment 5:00 - 6:00pm Jude	*Accelerate Youth 5:10 - 6:10pm Adam	Latin-Flow Dance 6:15 - 7:10pm Efren		Hours: M-F: 5am to 10pm Saturdays: 6am to 8pm Sundays: 7am to 8pm
	*Shotokan Karate 7:00 - 8:30pm Nicolo	Spinning 5:30 - 6:30pm Michael	Salsa-Reggae Dance 6:15 - 7:10pm Efren	Spinning 5:30 - 6:30pm Michael	*Shotokan Karate 7:15 - 8:30pm Nicolo		
		SHRED IT UP 6:05 - 7:00pm Kristina	*Shotokan Karate 7:15 - 8:30pm Nicolo	Power Hour 6:10 - 7:00pm AJ			*Special class package
							Updated Nov. 2018

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