



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
10:00 to 11:00	(Basic) <i>Exercise Class</i>	(Basic) <i>Exercise Class</i>	(Basic) <i>Exercise Class</i>	(Basic) <i>Exercise Class</i>	(Basic) <i>Exercise Class</i>	No Classes
PM						*****
12:00 to 1:00		(All Levels) <i>Ab-solutely Abs</i>		(All Levels) <i>Ab-solutely Abs</i>		<u>Hours of the Facility</u>
12:30 to 1:30					On Temporary Hold <i>Mat Pilates</i>	GYM Monday – Friday Open 6:30am
1:30 to 2:30					(Basic) <i>Gentle Yoga</i>	Monday – Thursday Closes 7:00pm
2:45 to 3:45					(All Levels) <i>Tai Chi</i>	Friday Closes 5:00pm
3:30 to 4:30			(All Levels) <i>Tai-Chi</i>			Saturday Opens 8:00am Closes 2:00pm
5:00 to 6:00	(Intermediate) <i>Hatha Yoga</i> Katzenberg		(Intermediate) <i>Hatha Yoga</i> Katzenberg	(Intermediate) <i>Hatha Yoga</i> Community Center		POOL Monday – Friday Open 6:30am
			EW 5:00 – 6:00pm <i>Urban Zen</i> Community Center Every Other Wed. (See Flyer on board)			Monday – Thursday Closes 6:30pm
5:15 to 6:15		EW (All Levels) <i>Zumba</i> Katzenberg		EW (All Levels) <i>Zumba</i> Katzenberg		Friday Closes 4:30pm
						Saturday Opens 8:00am Closes 1:30pm

This schedule can also be found at <https://mptf.com/saban/> Scroll down to the “Fitness Floor Schedule”

Rev. 11/12/2019dd

LOCATIONS:

Katzenberg Pavilion is across from the Saban Center front doors. All classes take place in this room unless otherwise noted.

Community Center = Gianopulos Family Community Center (formally Saban Community Room) to the left of the reception desk.

Saban Center for Health and Wellness
Description of “Land” Classes

<p><u>10am Exercise Class (Beginning / Basic)</u> This beginning level exercise class incorporates light weights, movement on and off the chair, stretching, and balance techniques.</p>	<p><u>Gentle Yoga (Beginning / Basic)</u> A gentle class that combines yoga postures, breathing, and meditation. Postures are presented in an easy to follow, accessible manner with modifications as needed. Geared toward beginners, seniors, those recovering from injuries, and for active people wanting to mindfully strengthen and stretch their bodies.</p>
<p><u>Ab-solutely Abs (All Levels)</u> This fun 60-minute class targets the abdominals and core and is designed for all levels. A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Balls, bands and other equipment may be utilized both on and off the floor.</p>	<p><u>Hatha Yoga (Intermediate)</u> This class graciously shows the path toward increased our strength and discovering your flexibility. Carol works with students on movement of the body in ways that help increase strength, flexibility, endurance, self-confidence, balance, mental focus, and awareness. Yoga helps lubricate the joints and reverse the signs of aging. Some poses focus on strength, some on flexibility, some on relaxation, and some on all three. This class is an eclectic mix of long holds, deep breath work and flow sequences set in a format to challenge you in mind, body and spirit!</p>
<p><u>Tai-Chi (All Levels)</u> Tai Chi is sometimes described as “meditation in motion” and was originally developed in China as a form of self defense. This graceful form of exercise has existed for about two thousand years and nourishes peace and harmony of mind and body through guided movements and forms. Tai Chi is safe for people of all ages and fitness levels because the movements are low impact and put minimal stress on the muscles and joints.</p>	<p><u>“EW” = Employee Wellness Classes:</u></p> <ul style="list-style-type: none"> • These are open to all employees at no charge. • All other classes, both pool and land, are only available if you have a paid gym membership. • These classes are open to all Saban Center Gym Members <p><u>Mat Pilates (All Levels)</u> – On temporary hold <u>Urban Zen (All Levels)</u> <u>Yoga (Basic)</u> <u>Yoga Fit (All Levels)</u> <u>Zumba (All Levels)</u></p>
<p>Call the Saban Center Receptionist @ 818-876-1777 with any questions.</p>	