

Multipurpose Room Schedule - Physical Edge

1460 Drew Avenue, Ste 200, Davis, CA 95618 * Phone: 530-753-9011 * Fax: 530-753-9021

Beginning January 15, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am Boot Camp		6-7 am Boot Camp		6-7 am Strength & Conditioning		
7-8 am Body Basics		7-8 am Body Basics	7-8 am Functional Movement Training*	7-8 am Body Basics		
9-10 am Comprehensive Mat Pilates	8:45-9:45 am Group Fitness*	8:30-9:30 am Weight Watcher's *	8:45-9:45 am Group Fitness*	9-10 am Comprehensive Mat Pilates	8:30-9:30 am Mat Pilates for the Core	
					9:30-10:45 am Yoga	
10:30-11:30 am Yoga	10-11 am Mat Pilates for the Core	10:30-11:30 am Yoga*	10-11 am Mat Pilates for the Core			
			11-11:30 am Stretch & Relax			
5-6 pm Functional Movement Training*	12-1 pm Functional Movement Training*	4:30-5:30 pm Functional Movement Training*				
6-7 pm Strength & Conditioning		5:30-6:30 pm Strength & Conditioning				
				* = Classes with an additional cost		

Please note: An average monthly attendance of 6 participants per class is needed to continue each specific class.



Group Exercise Classes - Physical Edge

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Yoga- Instructors: Karen Klussendorf & Sheryl Bernauer

Join us for a moderate Yoga Fitness class where the use of flowing postures provides a chance to open and expand, stretch and strengthen, deepen and calm. Focus is on providing a safe and joyful experience while exploring your breath and body movements to find your inner warrior. (*Add. cost for Wed.class)

Comprehensive Mat Pilates - Instr: A. Zipp/Jennifer Fitzgerald

This class will address core strengthening, stability and endurance moving into all types of planes of motion while employing all muscle groups of the body. Full body exercises will lengthen and improve muscle tone with a focus on the center of the body. Props such as Pilates rings, foam rollers, blocks and stability balls are used in this class

Mat Pilates for the Core- Instructor Karen Klussendorf

This class offers an opportunity for building strength, balance and flexibility in a ever-varied format that moves along swiftly. Classes incorporate alternating use of balls, bands, weights, rollers and more. This class is appropriate for all levels.

Strength & Conditioning: Instructor: Darby Cassell

Add a little resistance training to your exercise routine...in this class, we will use free weights, balls and bands to tone up, build strength and sculpt our muscles.

Boot Camp- Instructor: Jason Dal Porto and Jennie Amaral

Blast calories through a circuit training program focused on developing core muscles, increasing strength, building endurance and improving flexibility.

Stretch & Relax- Instructor: Karen Klussendorf

Treat yourself to a time-out in your day to *be* rather than *do*. This gentle stretch class includes breathing exercises, a taste of meditation and total relaxation.

Group Fitness* Instructor Karen Klussendorf (*Add. cost for program*)

This class is a fun, total body workout addressing all the major components of fitness--balance, agility, strength, power & endurance. 4 week class, meets 2x/wk.

Body Basics – Instructor: Laretta Hyatt-Chan

This class combines balance and agility activities with a moderate intensity cardio segment. The foundation of the class is functional training and progression. The exercises are designed to carry over & improve your ability to do daily activities & gentle sports conditioning.

Functional Movement Training* (*Add cost for this program*)

This program is an active, exercise- based series of training sessions designed to help participants restore authentic body movement patterns and in turn optimize your fitness potential and decrease risk for injury. Class instructed by Physical Edge Physical Therapists.