



# November Fitness Calendar

Spa & Fitness Center  
760-770-5158

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p>	<p>2</p> <p>8:00am Ride w/ Bruno</p> <p>9:15am Total Body Strength w/ Bruno</p> <p>10:30am Yoga w/ Forest</p>
	<p>4</p> <p>8:00am Spin &amp; Core w/ John</p> <p>8:30am Pilates Reformer w/ Lynne (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>10:30am Rhythm Rodeo w/ John</p>	<p>5</p> <p>8:00am Ride w/ Bruno</p> <p>9:30am Body Sculpt w/ Kathy</p>	<p>6</p> <p>8:00am Spin w/ Julie</p> <p>9:30am Pilates Reformer w/ Troy (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p> <p>4:00PM Yoga w/ Forest</p>	<p>7</p> <p>8:00am Spin w/ Troy</p> <p>9:30am Strength &amp; Conditioning w/Tyrone</p> <p>3:00pm Sound Healing w/ Bradley (\$30 pp)</p>	<p>8</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p>	<p>9</p> <p>8:00am Ride w/ Bruno</p> <p>9:15am Total Body Strength w/ Bruno</p> <p>10:30am Yoga w/ Forest</p>
	<p>11</p> <p>8:00am Spin &amp; Core w/ John</p> <p>8:30am Pilates Reformer w/ Lynne (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>10:30am Rhythm Rodeo w/ John</p>	<p>12</p> <p><b>Wellness Fair</b> <b>No Classes</b></p>	<p>13</p> <p>8:00am Spin w/ Julie</p> <p>9:30am Pilates Reformer w/ Troy (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p> <p>4:00PM Yoga w/ Forest</p>	<p>14</p> <p>8:00am Spin w/ Troy</p> <p>9:30am Strength &amp; Conditioning w/Tyrone</p> <p>3:00pm Sound Healing w/ Bradley (\$30 pp)</p>	<p>15</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p>	<p>16</p> <p>8:00am Ride w/ Bruno</p> <p>9:15am Total Body Strength w/ Bruno</p> <p>10:30am Yoga w/ Forest</p>
	<p>18</p> <p>8:00am Spin &amp; Core w/ John</p> <p>8:30am Pilates Reformer w/ Lynne (\$30 pp)</p> <p>9:30am Functional Fitness &amp; Balance w/ Ryan</p> <p>10:30am Rhythm Rodeo w/ John</p>	<p>19</p> <p>8:00am Ride w/ Bruno</p> <p>9:30am Body Sculpt w/ Kathy</p>	<p>20</p> <p>8:00am Spin w/ Julie</p> <p>9:30am Pilates Reformer w/ Troy (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p> <p>4:00PM Yoga w/ Forest</p>	<p>21</p> <p>8:00am Spin w/ Troy</p> <p>9:30am Strength &amp; Conditioning w/Tyrone</p> <p>3:00pm Sound Healing w/ Bradley (\$30 pp)</p>	<p>22</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p>	<p>23</p> <p>8:00am Ride w/ Bruno</p> <p>9:15am Total Body Strength w/ Bruno</p> <p>10:30am Yoga w/ Forest</p>
	<p>25</p> <p>8:00am Spin &amp; Core w/ John</p> <p>8:30am Pilates Reformer w/ Lynne (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>10:30am Rhythm Rodeo w/ John</p>	<p>26</p> <p>8:00am Ride w/ Bruno</p> <p>9:30am Body Sculpt w/ Kathy</p>	<p>27</p> <p>8:00am Spin w/ Julie</p> <p>9:30am Pilates Reformer w/ Troy (\$30 pp)</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p> <p>4:00PM Yoga w/ Forest</p>	<p>28</p> <p>8:00am Spin w/ Troy</p> <p>9:30am Strength &amp; Conditioning w/Tyrone</p> <p>3:00pm Sound Healing w/ Bradley (\$30 pp)</p>	<p>29</p> <p>9:30am Functional Strength w/ Ryan</p> <p>12:00pm Pilates Reformer w/ Lynne (\$30 pp)</p>	<p>30</p> <p>8:00am Ride w/ Bruno</p> <p>9:15am Total Body Strength w/ Bruno</p> <p>10:30am Yoga w/ Forest</p>

# Classes



# Instructors

**Functional Strength:** Enjoy the full body workout designed to increase balance, flexibility and strength through natural movements necessary to keep the body functionally fit. A practical work out for all levels no experience necessary **All fitness levels are welcome.**

**Spin:** This high energy, non-impact cycling class is a great way to burn calories and have fun at the same time. Focuses on endurance, strength, intervals, high intensity and recovery by varying levels of resistance on the stationary bike. **Sign-up required for Spin**

**Strength & Conditioning Circuit Class:** Come and join Tyrone Perkins, aka, "Mr. Super-Fantastic " Strength and Conditioning Circuit Class. The Benefits of this class will help you improve strength, as well as the cardiovascular and respiratory fitness. This class will also assist you at improving muscular strength and muscular endurance. By keeping the heart rate elevated and of course, the rapid change of exercise, will keep you mentally charged and motivated thru the class.

**Yoga:** is geared specifically for those new to **yoga** or those who are interested in a **gentle** practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. ... No experience or flexibility required.

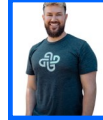
**Yoga – Saturdays:** Combination of the physical, philosophical, and energetic components of HATHA & VINYASA yoga. It will help with relaxation, and a better rotation for that golf swing or tennis swing. **All Fitness Levels Welcomed**

**Pilates Reformer:** This total body workout emphasizes body alignment to build strength, endurance & flexibility, creating a power center enabling the rest of the body to move freely. **Knowledge of the Pilates reformer workout is a prerequisite.**

**Body Sculpting** involves a combination of shaping the body for a balanced and symmetrical appearance, and defining the muscles to obtain a slim, athletic physique. Body sculpting requires dedication to a combination of clean diet, cardiovascular exercise and strength training in order to achieve success.

**. SOUND HEALING MEDITATION.** Embark on a transformative journey of deep relaxation with our immersive sound healing meditation. This class offers a unique and rejuvenating experience for your mind, body & spirit through the healing powers of sound. You will find great balance & harmony in a symphony of healing instruments including crystal singing bowls, Tibetan bowls, gongs, wind chimes, drums & more.

**Rhythm Rodeo:** A lively line dance class combining country, pop, and classic hits with fun, easy-to-follow moves for all skill levels.



**Bradley Ryan.** As a certified Reiki Therapist, I channel the Universal Life Force Energy to facilitate your body's natural healing abilities. Through gentle touch and energy balancing, I create a space for you to release blockages, reduce stress, and restore harmony to prioritize self-love and self-compassion.



**Tyrone Perkins IFPA Certified Strength and Sports Conditioning Specialist.** With 30+ years in the Health and Fitness industry Tyrone has assisted hundreds of clients at achieving their maximum potential. As a Certified Sports Nutritionist, Tyrone works with clients to understand their unique palette and to educate them on the importance of healthy nutrition. Tyrone's work experience ranges from the US Air Force TI Assistant Boot Camp Fitness Guide, Roller Skate Instructor out of New York City, Fitness USA Director of Personal Training out of San Francisco, as well as, a Recreational Therapist at The San Francisco Center for the Disabled. He was also a Personal Fitness Trainer and sales manager at Bally's Total Fitness Center. The objective is to increase one's individual quality of life, by means of Nutritional health and Fitness Planning.



**Julie Henley** has been coming to the Coachella Valley for 58 years. Julie was born in Redlands, CA and became apart of the largest non traveling circus, The Great Y Circus. Upon moving to Lake Arrowhead, she began water and snow skiing. She currently resides in Palm Springs and Hot Springs, Arkansas with her husband Bill. Fitness has been a constant in her life. She has taught at several Country clubs and currently teaches at the Springs, Ironwood and Mission Hills. She enjoys teaching most all formats of fitness.



**Kathy Orlando - Instructor and Trainer.** This highly motivated, fun, inspirational instructor and trainer is ACE and AFFA certified. She believes in a balance of hard work and quite still moments. Her passion and purpose in life is helping people feel and move better. She teaches spin, yoga, dance and Barre classes. She has appeared several exercise videos with Karen Voight, Patrick Goudeau and her current teacher is Louis Van Amstel of Dancing with the Stars TV show.



**John Boyd - Personal Trainer and Class Instructor.** John's recent move from NYC to Palm Springs was inspired by the enticing outdoors, where he bikes, hikes and swims for fitness. His extensive fitness training and emphasis on correct body alignment and safety has motivated many loyal clients & class participants. John has top industry certifications with ACE, ACSM, AFAA, as well as specialty certifications in MST, TRX, Cycle and Trigger Point Foam Rolling.



**Ryan Haydis** With 34 years of golf experience and a wealth of credentials, including certifications as a personal trainer and MST, Ryan Haydis offers unparalleled expertise. Having conducted over 10,000 golf lessons and 5,000 personal training sessions, Ryan is a seasoned pro ready to elevate your game and fitness. Seize the opportunity to work with a true expert who can transform your performance—



**Troy Skinner- Spin Instructor** Mad Dogg Athletics Certified Spin Instructor, Troy discovered his "inner athlete" shortly after he discovered his passion for cycling. Marathon runner, former TV weather person, cabaret singer and home chef, Troy is known to be challenging and motivating. Troy guarantees 2 things in his classes 1. You WILL sweat and 2. You WILL have a great time doing it.



**Bruno Moreno - Spin Instructor** Born and raised in the Coachella Valley, but moved away and finally back after spending time Asia where I made the switch from retail to fitness. I began my spin journey in 2013 in Hong Kong with rhythmic cycling, and became hooked with the connection of music and movement. Having a background in performing arts, this connection is what inspired me to change my life for the better and help others to do the same. I love mixing music from different genres into one playlist to tell a story and show my unique style. Looking forward to motivating my community to get fit & well.



**Forest Willis, Yoga Instruction & Personal Coach**  
Experienced and dedicated personal coach with over 10 years of professional experience helping clients achieve their fitness and wellness goals. ISSA and NASM certified, with additional 300 hours of yoga certifications ensuring comprehensive understanding of the latest training techniques and safety standards.