

# ALEXANDRIA – November 2017

PROFESSIONALLY  
MANAGED BY

EXOS

## GRUPEX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VOLLEYBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BADMINTON OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>	<b>BASKETBALL OPEN GYM</b>
6:10 – 7:00a <b>RALLY STRENGTH (FTS)</b> <i>Rachael</i>	6:10 – 7:00a <b>RALLY METABOLIC (FTS)</b> <i>Rachael</i>	6:10 – 7:00a <b>RALLY STRENGTH (FTS)</b> <i>John</i>	6:15 – 7:05a <b>REFORMER PILATES (S1)</b> <i>Deanna</i>	6:10 – 7:00a <b>RALLY STRENGTH (FTS)</b> <i>Mac</i>	9:15 – 10:05a <b>FIT+CAMP (FTS)</b> <i>Bryan</i>	9:00 – 9:50a <b>POWER YOGA 1(S1)</b> <i>Sarah J</i>
6:30 – 7:20a <b>POWER YOGA 1 (S1)</b> <i>Sarah J</i>	6:15 – 7:05a; 7:15 – 8:05a <b>REFORMER PILATES (S1)</b> <i>Deanna</i>	6:30 – 7:20a <b>POWER YOGA 2 (S1)</b> <i>Vanessa</i>	7:00 – 7:50a <b>RALLY STRENGTH (FTS)</b> <i>Rachael</i>	6:45 – 7:35a <b>RUSH RIDE (S2)</b> <i>Krista</i>	10:15 – 11:05a <b>YIN YOGA (S1)</b> <i>Sarah J</i>	
7:00 – 7:50a <b>RALLY METABOLIC (FTS)</b> <i>Rachael</i>	7:00 – 7:50a <b>RALLY STRENGTH (FTS)</b> <i>Rachael</i>	6:45 – 7:35a <b>RUSH RIDE (S2)</b> <i>Tim</i>	7:15 – 8:05a <b>REFORMER PILATES (S1)</b> <i>Deanna</i>	7:00 – 7:50a <b>RALLY METABOLIC</b> <i>John</i>		
12:00 – 12:50p <b>POWER YOGA 1 (S1)</b> <i>Sarah P</i>	12:00 – 12:50p; 1:00 – 1:50p; 2:00 – 2:50p <b>REFORMER PILATES (S1)</b> <i>Caleigh</i>	7:00 – 7:50a <b>BOXING (BBC)</b> <i>Karl</i>	11:00 – 11:50a; 12:00 – 12:50p; 1:00 – 1:50p <b>REFORMER PILATES (S1)</b> <i>Caleigh</i>	11:00 – 11:50a <b>BARRE (S1)</b> <i>Yvonne</i>		
12:00 – 12:50p <b>BOXING (BBC)</b> <i>Karl</i>	12:00 – 12:50p <b>RUSH RIDE (S2)</b> <i>Breanne</i>	7:00 – 7:50a <b>RALLY METABOLIC (FTS)</b> <i>John</i>	12:00 – 12:50p <b>RUSH RIDE (S2)</b> <i>Angie</i>	11:15 – 12:00p <b>WOMEN'S ABC TRAINING (FTS)</b> <i>Mac</i>		
12:15 – 1:05p <b>RALLY METABOLIC (FTS)</b> <i>Josh</i>	12:15 – 1:05p <b>RALLY STRENGTH (FTS)</b> <i>Josh</i>	12:00 – 12:50p <b>POWER YOGA 2</b> <i>Sarah P</i>	12:15 – 1:05p <b>RALLY STRENGTH (FTS)</b> <i>Rachael</i>	12:00 – 12:50a <b>YOGA SCULPT (S1)</b> <i>Yvonne</i>		
1:15 – 2:05p <b>RESTORATIVE YOGA (S1)</b> <i>Sarah P</i>	4:15 – 5:00p <b>WOMEN'S ABC TRAINING (FTS)</b> <i>Mac</i>	12:15-1:05p <b>RALLY METABOLIC (FTS)</b> <i>Mac</i>	4:30 – 5:20p (+ happy hour); 5:30 – 6:20p <b>REFORMER PILATES (S1)</b> <i>Pilates Instructor</i>	12:15 – 1:05p <b>RALLY METABOLIC</b> <i>Josh</i>		
5:00 – 5:50p <b>BARRE (S1)</b> <i>Yvonne</i>	5:00 – 5:50p; 6:00 – 6:50p <b>REFORMER PILATES (S1)</b> <i>Lauren</i>	5:00 – 5:50p <b>POWER YOGA 1 (S1)</b> <i>Laura</i>	5:15 – 6:05p <b>RALLY STRENGTH (FTS)</b> <i>Mac</i>	4:00 – 4:50p <b>RESTORATIVE YOGA (S1)</b> <i>Beth</i>		
5:15 – 6:05p <b>RALLY METABOLIC (FTS)</b> <i>Mac</i>	5:15 – 6:05p <b>RALLY STRENGTH (FTS)</b> <i>Josh</i>	5:15 – 6:05p <b>RALLY METABOLIC + HAPPY HOUR (FTS)</b> <i>Josh</i>	6:15 – 7:05p <b>RALLY METABOLIC (FTS)</b> <i>Josh</i>	5:15 – 6:05p <b>ARM FARM (FTS)</b> <i>Josh</i>		
5:30 – 6:20p <b>RUSH RIDE (S2)</b> <i>Kaitlin</i>	5:30 – 6:20p <b>RUSH RIDE (S2)</b> <i>Krista</i>	5:30 – 6:20p <b>RUSH RIDE (S2)</b> <i>Crystal</i>				
6:00 – 6:50p <b>ZUMBA® (S1)</b> <i>Blair</i>	6:15 – 7:05p <b>RALLY METABOLIC (FTS)</b> <i>Mac</i>	6:00 – 6:50p <b>RESTORATIVE YOGA (S1)</b> <i>Laura</i>				
6:15 – 7:05p <b>RALLY STRENGTH (FTS)</b> <i>Josh</i>		6:15 – 7:05p <b>RALLY STRENGTH (FTS)</b> <i>Mac</i>				



Mind Body App

**S1: Studio 1**  
**S2: Studio 2 (Cycling)**  
**FTS: Functional Training Space**  
**BBC: Basketball Court**

To view & sign up for classes download the Mind Body App or go to <https://clients.mindbodyonline.com/home?studioid=340510>

# Class Descriptions

## ARM FARM

Group training session specifically targeted at improving the movement and strength of the upper body. Class programming is based on organized, progressive training principles aimed at realizing those goals.

## BARRE

This class utilizes the ballet barre, combining a progression of movements to work the entire body while developing greater physical awareness and posture. Intense yet low impact, this class will stabilize your core while working major muscle groups as well as the smaller muscles in the thighs and seat. A final stretch encourages muscle length and balance.

## OUTDOOR RUN CLUB

Enjoy beautiful Torrey Pines with a running session led by an EXOS Performance Specialist.

## BEACH METABOLIC

Our popular Rally Metabolic format class at the beautiful Torrey Pines State Beach located at La Jolla, CA 92037.

## FIT+CAMP

A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination and balance for improved overall wellness and fat loss.

## POWER YOGA

This an intense, detoxifying, empowering and completely engaging practice. It is a challenging strength and stamina focused class that provides a powerful workout. This class will help you attain a stronger, more toned yoga body and a calmer, more focused mind.

## RALLY METABOLIC

Group training session focused on total body conditioning circuits aimed at enhancing endurance, lean muscle tissue, and movement quality. Class programming is based on organized, progressive conditioning principles which will enable you to increase your fitness goals

## RALLY STRENGTH

Group training session focused on improving movement quality, building strength, and enhancing lean muscle. Class programming is based on organized, progressive training principles which will enable you to increase your strength goals.

# Class Descriptions

## RECHARGE YOGA

Recover and recharge those muscles stressed by work and workouts. Practice familiar postures and use yoga props to restore and renew your body's energy. All levels welcome!

## REFORMER PILATES

Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. Taught in small group settings, classes are designed with your specific needs in mind and focus on improving strength, coordination, flexibility, balance and stability.

## RELAX AND RESTORE

This class is designed to promote flexibility and relaxation for those needing to cool down from a work out, promote flexibility in the body, or simply unwind from the stressors of daily life. It integrates meditation with breath and gentle yoga poses in a class designed to rejuvenate the mind and body and leave you feeling relaxed and refreshed.

## RESTORATIVE YOGA

This style of yoga might best be described as a supported, conscious body/mind relaxation practice to relieve fatigue and stress, promote well-being and bring healing balance to your life.

## RUSH RIDE

The proprietary indoor cycling program of RUSH brought to you at Alexandria!

## YOGA SCULPT

Don't think you can get cardio, strength and flexibility training all in one workout? You can! This is a total body workout, using the foundation of Vinyasa yoga, combined with strength based movements. Focused mind, chiseled body.

## ZUMBA®

Zumba combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba is a "feel good" workout geared toward all levels. Think you're not a dancer? No problem! We bet you'll find the dancer within. All levels welcome.