

# WORLD GYM PALM DESERT

Schedule update Aug. 15, 2023

M	T	W	TH	F	SAT	SUN
	<b>Outdoor Ride</b> 6:00 <i>El Paseo Coffee Bean</i>		<b>Outdoor Ride</b> 6:00 <i>El Paseo Coffee Bean</i>	<b>RockFit</b> Aaron \$\$ 8:00	<b>Outdoor Ride</b> 6:30 <i>Civic Center Park</i>	
<b>Good Morning Workout</b> Bonnie 8:00	<b>Yoga-Vinyasa</b> Hannah 8:00	<b>Good Morning Workout</b> Bonnie 8:00	<b>Yoga-Slow Flow</b> Vinyasa-yin Preston 8:00	<b>Good Morning Workout</b> Bonnie 8:00	<b>Yoga-Vinyasa</b> Bryan 8:00	
<b>SPIN</b> Kim \$\$ 9:00		<b>SPIN</b> Christina \$\$ 9:00		<b>SPIN</b> Bonnie \$\$ 9:00	<b>SPIN</b> Kim \$\$ 9:00	<b>Zumba</b> Lisa 9:00
<b>Cardio Pump</b> Bonnie 9:00	<b>Zumba</b> Debbie 9:00	<b>Pure Pump</b> Bonnie 9:00	<b>Zumba</b> Kat 9:00	<b>Total Body</b> Kim 9:00	<b>Zumba</b> Kelsey 9:00	<b>Yoga-Vinyasa</b> Judith 10:00
<b>Yoga-Hatha</b> Inessa 10:00	<b>Pilates</b> Bonnie 10:00	<b>Yoga-Vinyasa Stretch</b> Bonnie 10:00	<b>Pilates</b> Bonnie 10:00	<b>Chair Yoga</b> Bonnie 10:15	<p><b>View our schedule online:</b>  <a href="http://www.worldgym.com/palmdesert">www.worldgym.com/palmdesert</a>  <b>Gym Phone # 760-610-7558</b>  <b>Gym hours: M-F 5:30am-10pm</b>  <b>Sat &amp; Sun 7am-7pm</b>  <b>Look us up on Facebook &amp; Instagram</b>  <b>@worldgympalmdesert</b></p> <p><i>PLEASE BRING</i>  <b>YOUR OWN YOGA/FLOOR MAT!!!!</b></p> <p><b>Reserve your Spin bike 1 hour before class!</b></p> <p><i>\$\$=Additional charge for class, see front desk</i></p>	
<b>SilverSneakers Circuit</b> Bonnie 11:15	<b>SilverSneakers Classic</b> Bonnie 11:15	<b>SilverSneakers Circuit</b> Bonnie 11:15	<b>SilverSneakers Classic</b> Bonnie 11:15			
<b>RockFit</b> Aaron \$\$ 5:30	<b>Booty Band</b> Marlissa \$\$ 5:30	<b>RockFit</b> Aaron \$\$ 5:30	<b>Booty Band</b> Marlissa \$\$ 5:30	<b>RockFit</b> Aaron \$\$ 5:00		
<b>Zumba</b> Sandy 6:00	<b>SPIN</b> Kirby \$\$ 6:30	<b>Zumba</b> Paula 6:00	<b>Yoga-Vinyasa</b> Judith 6:00			

Booty Band: Target, strengthen, and build your glutes, quads, hamstrings, and core using resistance bands and more! This is a specialty- \$\$ additional charge so please see the front desk for sign up! Be sure to bring your own yoga mat for floor work!

**Cardio Pump:** Navigate through a series of cardio and weight training intervals! This is a “high paced” class so be prepared to hit it hard! Please bring your own floor mat.  
*Level 2+*

**Good Morning Workout:** Start your day the right way with this great workout while enjoying fun “old time” music. In this class you will experience a moderate but effective workout, including Cardio, muscle Strengthening, Core Conditioning, and a great Stretch! As a result of participating, you will find added strength and greater flexibility, ultimately resulting in better posture, greater “range of motion”, and decreased chance of injury. This class may even help your golf and tennis game! Please bring your own floor mat. *Level 2*

**Outdoor Ride:** Meet up at the indicted locations for a nice outdoor bike ride throughout the Coachella Valley- locations TBD! Pace about 17 to 20mph! Bring all your own “gear”!

**Pilates:** This is an incredible workout, designed to increase strength and flexibility through building postures that are “core” centered. This class will help you to define and “fine tune” your body as you focus on details including body awareness, symmetry, and core stabilization. Class includes the use of small apparatus including Pilates rings, stability balls, resistance bands, bars, weights, etc. Please bring a 36” foam roller with you to the class on Thursdays. Please bring your own floor mat. *Level 2-3 but entry levels are welcome-modifications can be made!*

**Pure Pump:** Hit the “rep effect” using barbells with weighted plates, hand weights, resistance bands, etc! Push/pull through every muscle group in your body!! This class is sure to give that added strength and definition you are looking for! Please bring your own floor mat. *Level 2-3*

**RockFit:** Functional Training classes held in the Rock Fit room. See front desk for sign up details. \$\$

**SilverSneakers Classic®:** This great class is designed for anyone in their “golden years” (but not limited to). Enjoy the best of the “old time” music while you move to the beat for some light standing and/or seated cardio, including focus on range of motion and balance. Add in resistance with bands, weights, and finish well with seated core and flexibility work to ensure an “all encompassing” workout. This class can be adjusted to fit any fitness level and will bring you “life applicable” mobility. Be ready to have fun as you work your way to a healthier you! Be sure to bring a workout towel and water! *Level 1*

**SilverSneakers Circuit®:** This great class is also designed for those in their “golden years” (but not limited to) - bringing the level up a notch from the Classic format- the use of chairs is not encouraged in this class. Enjoy great oldies music while you do a light cardio segment intermingled with bands, weights, and balls. This class will bring you to your next level in fitness! Be ready to have fun as you work your way to a healthier you! Be sure to bring a workout towel and water! *Beginning levels welcome but not limited to! Level 1-2*

**Spin:** A group stationary cycling class that will give you a cardio workout like no other! Come ride to the “best beats”!! These classes are packed full of energy so be careful- its addicting!!!! Please bring a hand towel and water and be sure to contact the front desk 1 hour prior to class to reserve your bike! *Level 3- but modifications can be made to suit your fitness needs! \$\$-additional charge for class, see front desk for details.*

**Total Body:** A cardio & strength class designed to build endurance, strength, and flexibility while doing a variety of movements using both body weight and weights to target all major muscle groups and increase heart rate- *Level 2-3 but all are welcomed and encouraged to work at their own pace!*

**Yoga:** You will enjoy this calming yet uplifting workout designed to increase flexibility, balance and strength while creating a sense of well-being. Please bring your own Yoga mat. Hatha= Gentle Yoga Vinyasa=Flow Yoga Stretch=band and/or bar stretching included

**Chair Yoga:** With the assistance of a chair enjoy this gentle and restorative form of Yoga focusing on flexibility, alignment, balance, and breathing! We do not go to the floor in this class- seated and/or standing with chair assistance will give you aide toward the gentle challenge you are looking for! No mat necessary! *Level 1*

**Zumba:** is an innovative workout dance program. It is an aerobic interval class that combines moves from Latin dances such as Salsa, Cumbia, Samba, Merengue, Reggeaton and Flamenco. Let the rhythm of Latin music shake your body and burn unwanted calories. *Level 2-3*

*Level 1- on the “Lighter” side-but you will get a workout! Level 2- Moderate level- be prepared to move and sweat! Level 3- Vigorous- be prepared to work!*