

Spring into Your Health and Join Small Group Training!

**TRY ONE OF OUR LEVEL 1 CLASSES FOR FREE!
CALL 310-374-3426, EXT. 147, OR VISIT THE FRONT DESK.**

We have classes for all levels and want you to feel empowered in daily life. Whether your goal is to hold your grandchild, stay on your feet for longer periods of time, or something else, we can help!

**Classes start:
March 9 & 10**



Center for
Health & Fitness

A Beach Cities Health District Program



"I love small group. Annelise is so competent, knowledgeable and super friendly. She makes every workout a great experience."

SYDNEY WHITAKER



beachcitiesgym.org/small-group-training

Tracks

Classes start: March 9 & 10

Aidan Acuff



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|-----------|------------------|---------|
| M / W / F | 5:30 – 6:30 a.m. | Level 2 |
| M / W / F | 6:30 – 7:30 a.m. | Level 2 |
| M / W | 10 – 11 a.m. | Level 2 |
| M / W | 4:15 – 5:15 p.m. | Level 1 |
| M / W | 6:15 – 7:15 p.m. | Level 1 |

Tanya Rutter



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|--------|------------------|---------|
| T / TH | 9 – 10 a.m. | Level 1 |
| T / TH | Noon – 1 p.m. | Level 1 |
| F | 4:15 – 5:15 p.m. | Level 1 |
| F | 6:15 – 7:15 p.m. | Level 1 |

Brian Fuentes



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|-----------|------------------|-------------|
| M / W / F | 9 – 10 a.m. | Level 1 |
| F | 10 – 11 a.m. | Level 2 |
| T / TH | 8 – 9 a.m. | Level 1 & 2 |
| T / TH | 6:30 – 7:30 a.m. | Level 2 |

Chris Bentajado



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|---|---------------|---------|
| F | 8 – 9 a.m. | Level 1 |
| F | Noon – 1 p.m. | Level 2 |

Annelise Tripp



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|-------|---------------|---------|
| M / W | Noon – 1 p.m. | Level 2 |
|-------|---------------|---------|

Jason Bautista



| | | |
|-----------|------------------|---------|
| M / W / F | 5:30 – 6:30 a.m. | Level 2 |
| T / TH | 6:30 – 7:30 a.m. | Level 2 |
| M / W | 8 – 9 a.m. | Level 1 |

Level 1: I am new to exercise, may have injuries, have difficulty with proper form and am trying to get back into the habit of working out.

Level 2: I can plank, squat, complete push-ups and am looking for a challenge.

3 day tracks

\$444 for members • **\$540** for non-members

2 day tracks

\$296 for members • **\$360** for non-members

- 8 weeks
- Max 6 people
- Payment installments available

SPECIAL OFFER!

Try one of our level 1 classes for FREE!