

Active Aging Week | Sept. 30 – Oct. 4

MON. SEPT. 30	TUE. OCT. 1	WED. OCT. 2	THU. OCT. 3	FRI. OCT. 4
8 – 8:55 a.m. CoreBoard Group Ex room	8 – 8:55 a.m. Tai Chi Group Ex room	8 – 9:10 a.m. Yoga at the Wall Jade room	8:30 – 9:25 a.m. Deep Slow Stretch Silver room	8 – 8:55 a.m. Yoga Basics Jade room
8:45 – 9:40 a.m. Yoga Basics Silver room	8:45 – 9:40 a.m. Yoga Level 1 Jade room	8 – 8:55 a.m. Boot Camp Group Ex room	9:15 – 10:10 a.m. Yin Yoga Jade room	8 – 8:40 a.m. Tai Chi for Arthritis Silver room
9 – 10 a.m. Moai Match: Join a Free Group Redondo room	9 – 9:55 a.m. Aerobics Group Ex room	8:30 – 9:20 a.m. SilverSneakers® Classic Silver room	9 – 9:55 a.m. Body Blast Group Ex room	8 – 8:55 a.m. Rep Reebok Group Ex room
9 – 10 a.m. Rep Reebok Group Ex room	9:15 – 10:10 a.m. Silver Cardio Silver room	9 – 9:55 a.m. Core Board Group Ex room	9 – 10 a.m. Optimal Aging Workshop Redondo room	8:45 – 9:45 a.m. SilverSneakers® Classic Silver room
10 – 10:55 a.m. Mobility Group Ex room	10 – 10:30 a.m. Simply Stretch Group Ex room	9 – 10 a.m. Healthy Aging Lecture Redondo room	9:30 – 10:25 a.m. Silver Cardio Silver room	9 – 10:00 a.m. Functional Mat Pilates Jade room
10 – 10:55 a.m. Easy Goes IT Silver room	10:30 – 11:30 a.m. Functional Mat Pilates Silver room	9:30 – 10:30 a.m. Mat Pilates Silver room	10 – 10:30 a.m. Simply Stretch Group Ex room	9 – 9:55 a.m. Low & Sculpt Group Ex room
10:05 – 11:15 a.m. Yoga Strength & Flex Jade room	10:30 – 11 a.m. Aerobics Express Group Ex room	9:30 – 10:25 a.m. Restorative Yoga Jade room	10:15 – 11:15 a.m. Neck and Back Pain Lecture Redondo room	9:45 – 10:45 a.m. Easy Goes It Silver room
10:15 – 11:15 a.m. Brain, Neck & Back Considerations in the Active Aging Population Redondo room	11 – 11:55 a.m. Zumba Gold Group Ex room	10 – 10:55 a.m. Mobility Group Ex room	10:30 – 11:30 a.m. Functional Mat Pilates Silver room	10 – 10:55 a.m. Simply Stretch Group Ex room
11 – 11:55 a.m. Body Sculpt Group Ex room	11:20 a.m. – 12:30 p.m. Restorative Flow Jade room	10:15 – 11:15 a.m. Brain, Neck & Back Considerations in the Active Aging Population Redondo room	10:30 – 10:55 a.m. Balance Basics Jade room	10 – 10:55 a.m. Mindfulness Jade room
11:30 – 12:30 p.m. Robotic Gynecology Lecture Redondo room	11:30 a.m. – 12:25 p.m. Silver Stretch Silver room	11 – 11:55 a.m. Body Sculpt Group Ex room	11:05 a.m. – 12 p.m. Dance Fitness Group Ex room	11 – 11:55 a.m. Body Sculpt Group Ex room
12:15 – 1:10 p.m. Silver Sneakers Classic Silver room	12:30 – 1:25 p.m. SilverSneakers® Circuit Silver room	11:30 a.m. – 12:55 p.m. Easy Goes It Silver room	11:50 a.m. – 12:45 p.m. Silver Stretch Silver room	11:30 a.m. – 12:40 p.m. Yoga Strength & Flex Jade room
1:15 – 2:10 p.m. Silver Sneakers Circuit Silver room	5 – 5:45 p.m. Foam Roller Basics Workshop Silver room	11:30 – 12:30 p.m. Robotic Gynecology Lecture Redondo room	12:00 – 12:55 p.m. Slow Flow Jade room	1 – 1:55 p.m. SilverSneakers® Classic Silver room
2:15 – 3:10 p.m. Yoga Stretch Silver room		12:30 – 1:25 p.m. SilverSneakers® Circuit Silver room	1 – 1:55 p.m. SilverSneakers® Circuit Silver room	2 – 2:45 p.m. Silver Stretch Silver room
		1:15 – 2:10 p.m. Belly Dance Group Ex room	2 – 2:55 p.m. Zumba Gold® Group Ex room	
		1:30 – 2:25 p.m. Silver Stretch Silver room		

Free Class

Free Health Assessment/Lecture

Register at the front desk.

CHF Invites You to Celebrate

ACTIVE AGING WEEK

September 30 – October 4

Redefining Active

Join us for Active Aging Week and take action toward maintaining and improving your health.



Enjoy **FREE**

- Classes
- Health assessments
- Lectures

Schedule
on back.



Visit beachcitiesgym.com for more information.



Center for
Health & Fitness

A Public Agency

A Beach Cities Health District Program