

GROUP FITNESS CLASSES

HOURS: Mon. – Thu. 5:30 a.m. – 9 p.m., Fri. 5:30 a.m. – 8 p.m., Sat. & Sun. 7 a.m. – 6 p.m. 310-374-3426, ext. 147

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7–7:55am \$ Functional Strength Training Instructor: Brian	7–7:55am Circuit Instructor: Jon	7–7:55am \$ Functional Strength Training Instructor: Brian	7–7:55am Circuit Boot Camp Instructor: MaryKay	7–7:55am \$ Intro to Mat Pilates Instructor: Bobbie	8–8:55am Circuit Instructor: Amber/Stephanie	8–8:55am Core Board Instructor: Charlotte
8–8:55am Core Board Instructor: Lois	8–8:55am Tai Chi Instructor: Marc	8–8:55am Boot Camp Instructor: Mark	8–8:55am Performance Cycling Instructor: Judy	8–8:40am Silver Rm Tai Chi for Arthritis Instructor: Marc	9–9:55am Power Cycling Instructor: Debbie	9–9:55am Circuit Instructor: Amber
9–10am Rep Reebok Instructor: Lois	8–8:55am Performance Cycling Instructor: Judy	9–9:55am Core Board Instructor: Lois	9–9:55am Body Blast Instructor: Mark	8–8:55am Rep Reebok Instructor: Lois	10–10:25am Core, Balance, Stretch Instructor: Debbie T.	10–10:55am Performance Cycling Instructor: Ryan
10–10:55am Mobility Instructor: Lois	9–9:55am Aerobics Instructor: Lois	10–10:55am Mobility Instructor: Lois	10–10:30am Simply Stretch Instructor: Mark	9–9:55am Low & Sculpt Instructor: Bobbi	10:30–11:25am Aerobics Instructor: Debbie	11–11:55am Body Sculpt Instructor: Joyce
11–11:55am Body Sculpt Instructor: Carrie K.	10–10:30am Simply Stretch Instructor: Lois	11–11:55am Body Sculpt Instructor: Joyce	10:30–11:05am Bootcamp Express Instructor: Mark	10–10:55am Simply Stretch Instructor: Maria	11:30am–12:25pm Step I Instructor: Debbie	Noon–12:55pm Zumba Instructor: Nahid
12:10–1pm Mindfulness Instructor: Carrie K.	10–10:55am SGT Room Dance Fitness Instructor: Sandie	12:15–1:15pm 20/20/20* (cycle, core, stretch) Instructor: Debbie T.	10:30–10:55am Jade Rm Balance Basics Instructor: Aidan	10–10:55am Mindfulness Instructor: Carrie K.		
12:15–1:15pm 20/20/20 (cycle, core, stretch) Instructor: Manuela	10:30–11am Aerobics Express Instructor: Lois	1:15–2:10pm Belly Dance Instructor: Sandie	11:05–noon Dance Fitness Instructor: Sandie	11–11:55am Body Sculpt Instructor: Carrie K.		
4–4:55pm Aerobics Instructor: Charlotte	11–11:25am SGT Rm Balance Basics Instructor: Tanya	4–4:55pm Core Stability Instructor: Charlotte	12:15–1:15pm Performance Cycling Instructor: Manuela	12:15–1:10pm 20/20/20 Instructor: Debbie T.		
5–5:55pm Power Sculpt Instructor: Charlotte	11–11:55am Zumba Gold Instructor: Krista	5:00–5:55pm Cycling Instructor: Amy	2–2:55pm Zumba Gold® Instructor: Monica/Nahid	1:15–2:10pm Belly Dance Instructor: Sandie		
5:15–5:45pm Jade Rm Simply Stretch Instructor: Carrie B.	Noon–12:55pm Cycling Instructor: Sarah*	5:15–5:45pm Jade Room Simply Stretch Instructor: Carrie B	4–4:55pm Aerobics Instructor: Charlotte	5:30–6:25pm Total Body Conditioning Instructor: Jon	<p>*new teacher New Class \$ = fee-based class: \$11 for members, 12-pack: \$114, 24-pack: \$192, \$19/class for non-members</p> <p>All fee based classes must be paid for at the front desk prior to class. All classes are held in the group exercise room unless otherwise noted.</p> <p>Sign-up is required for all Cycling and Core Board classes. Instructor and/or class may change without notice. Check out our group fitness schedule online at beachcitiesgym.org</p>	
6–6:55pm Zumba Instructor: Nahid*	5:30–6:25pm Performance Cycling Instructor: Lilly	5:30–6:25pm Turbo Treadmill Instructor: Charlotte	5–5:50pm Step II Instructor: Debbie	5:30–6:25pm Turbo Treadmill Instructor: Debbie T.		
6–6:55pm Turbo Treadmill Instructor: Charlotte	6:30–7:30pm Step II Instructor: Debbie T.	6–6:55pm Circuit Instructor: Amy	5:30–6pm Jade Rm Simply Stretch Instructor: Carrie B.	6:30–7:25pm Zumba® Instructor: Nahid		
	7:30–8:25pm Zumba® Hybrid Instructor: Samia	7–7:55pm Aerobics Instructor: Debbie T.	6–6:55pm Power Cycling Instructor: Jon*			
			7–7:55pm Zumba Instructor: Tracy			

CLASS DESCRIPTIONS

20/20/20: This is a perfect balance of cycling, strength training, and mobility work for those who want to get a complete workout in a single, Time-efficient class. This class is suitable for all levels, and also ideal for those wanting to try indoor cycling for the first time.

AEROBICS EXPRESS: Join the fun in this high-energy, low-impact class, which combines elements of traditional aerobics with body sculpting moves to leave you feeling strong and fit and happy. You'll never do the same routine twice in this creative class!

BODY BLAST: This class is no walk in the park! Designed with active older adults in mind, this class blends low-impact aerobics with challenging strength exercises to maximize cardiovascular fitness, build strength and bone density. You can push to your limits or modify exercises as needed for this energetic class; either way, you'll have fun and meet a great group of new people.

BOOT CAMP EXPRESS: Get a full-body workout in just 30-minutes in this energizing blend of cardio intervals and resistance training. This shorter version of our popular Boot Camp is a great workout for those in a time crunch, and for those who want to try a class for the first time.

BALANCE BASICS: Improve your balance, coordination and confidence through a variety of interesting and challenging exercises in this innovative class. Learn exercises you can do at home, plus techniques for preventing falls. This class is limited to 8 participants per class to optimize safety and allow focused attention on each person.

BELLY DANCE WORKOUT: Combine the beauty of ancient Eastern dance with a sizzling cardio workout. This class is for all levels. Each movement is broken down so everyone can learn the movements. These movements will then be put into short dances that we will do throughout the class.

BODY SCULPT: Build muscle strength, definition and stamina through an energetic combination of resistance and aerobic work intervals. You'll use a variety of dumbbells, bands and balls to thoroughly work every muscle group in the body, and maybe a few you didn't know you had! Exercises can easily be modified as needed, so come on in and give it a try.

BOOT CAMP!: This exhilarating total body conditioning class blends high-intensity intervals with ever-changing strength training techniques, designed to challenge and stimulate you to the max. Be prepared to push yourself, have fun and see results in a class that will never be the same twice! Class is easily modified for any age.

CIRCUIT: Circuit training is a total body workout that is designed to combine strength training and aerobics. In this high-intensity class you will improve your agility, muscular endurance, and muscular strength.

CIRCUIT BOOT CAMP: 3, 2, 1... GO! This "boot camp" style class has you moving around the room from station to station, designed to test your strength, cardiovascular

fitness and balance. You'll do high-intensity intervals to give you the maximum workout in minimal time. With two people per station, you will be motivated to give it your all by your workout buddy. Come along and have a BLAST!

CORE BOARD: This class involves strength training with a focus on body awareness and neutral positioning while moving.

CORE STABILITY: This class combines the stability ball, core board and BOSU ball to maximize core strength.

DANCE FITNESS (AMERICAN BANDSTAND): Shimmy and shake to groovy tunes from the 60's. Learn the moves from this era and enjoy the experience of moving to music. Classes begin with a warm-up and then lead into dance choreography. All fitness levels are welcome. There is a limited number of availability. Please sign-up at the front desk 15-minutes prior to the class.

FUNCTIONAL STRENGTH TRAINING: This is a full-body strength-training class, using barbells, dumbbells, resistance bands and more. You will focus on perfecting your exercise technique using functional, multi-joint movements, designed to improve your overall strength, balance, co-ordination and posture. With endless innovative variations, you will never do the same workout twice, and you'll want to keep coming back for more.

MINDFULNESS

Ease stress and tension by learning how mindfulness meditation benefits the body and mind.

INTRO TO MAT PILATES: This intro to mat class is designed to teach and reinforce the fundamentals and beginning movements. Recommended for those who have never taken Pilates, less experienced Pilates participants or those recovering from an injury.

LOW & SCULPT: This class is a combination of cardiovascular conditioning and strength training.

MOBILITY: Use the latest techniques and tricks to melt away those knots and open up tight spots. This class fuses basic mat stretch work with innovative stability ball exercises, foam rolling, band stretches and more to help maximize your functional range of motion.

PERFORMANCE CYCLING: Whether you're a fitness enthusiast, or are training for an event, this sizzling class will take you where you want to go. Drills for endurance, power, speed and climbing strength will all be used to help you push beyond your limits and leave feeling fit, and exhilarated. Expect to be pushed in this challenging class, but you'll be glad you came!

POWER CYCLING: A fun, cardiovascular workout based on cycling principles. This class will help you perfect your cycling form and build your fitness. With easy-to-follow instructions and self-selected resistance levels, people of all abilities can join the ride.

POWER SCULPT: Using hand-held weights combined with the BOSU ball and stability ball, you'll experience a full body workout — building strength and definition. The class

begins with a brief cardio warm-up and concludes with safe stretching techniques that work every muscle group.

REP REEBOK: Strength training focus rotates through endurance, strength and power cycles. 6-week session.

SIMPLY STRETCH: A basic mat stretching class for those looking to improve flexibility. Stretches are held to allow muscles time to relax and lengthen; you'll leave feeling relaxed and refreshed!

STEP I/SCULPT: This class is a combination of basic level one step aerobics along paired with a body sculpting. Guaranteed to be a full body workout!

STEP II: This is a great cardiovascular workout. It maintains heart rates in working zones as well as being anaerobic. Participants focus on coordinating as many steps as are called out during class.

TOTAL BODY CONDITIONING: This class is a balanced blend of endurance, strength and flexibility exercises in an efficient and effective hour. Keeping the class fresh and progressive by introducing a variety of formats; basic body conditioning, cardio circuit, yoga and core conditioning.

TAI CHI: Often described as meditation in motion, this graceful, gentle form of exercise will help to increase flexibility and balance, while promoting relaxation and stress reduction. This low impact class is beneficial to all, including pregnant women and those with joint problems. Open your lungs with deep breathing techniques as you connect mind and body, and you will leave feeling serene and refreshed.

TURBO TREADMILL: This fun class is suitable for everyone, and uses speed and hill intervals to maximize your fitness and incinerate calories! Your experienced instructor will motivate and monitor you to ensure a safe, effective workout that can be modified to accommodate runners and walkers alike.

ZUMBA™: Zumba™ is a fusion of Latin and international music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ZUMBA GOLD™: Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults who may have limited capabilities.

ZUMBA™ HYBRID: This hybrid class incorporates the high energy, fun dance party moves of traditional Zumba with weight training, body resistance and core work to target arms, abs and lower body. A complete body workout and a great time all in one!

ZUMBA TONING: Zumba® Toning is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!