

OUTDOOR CLASSES

HOURS: Monday - Friday 6:30 a.m. - 6:30 p.m., Saturday & Sunday 7 a.m. - 5 p.m. **310-374-3426, ext. 147**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11–11:55am Mat Pilates Instructor: Manuela	8–8:55am Performance Cycling Instructor: Judy	8–8:55am Boot Camp Instructor: Mark B.	8–8:55am Performance Cycling Instructor: Judy	8–8:55am Tai Chi Instructor: Marc S.	9–9:55am Dance Fitness Pops Instructor: Sandie/ Bobbi	8–8:55am Aerobics Instructor: Charlotte
12:15–1:15pm 20/20/20 Instructor: Manuela	11–11:55am Zumba Gold Instructor: Krista	9:30–10:25am Pilates Sculpt Instructor: Lilly	9:30–10:25am Dance Fitness Oldies Instructor: Sandie	12:15–1:15pm 20/20/20 Instructor: Debbie T.		10–10:55am Performance Cycling Instructor: Ryan
5–5:55pm Zumba Instructor: Nahid	4:45–5:45pm Sunset Flow Yoga Instructor: Carrie B. 55 min	12:15–1:15pm 20/20/20 Instructor: Debbie T	11–11:55am Zumba Gold Instructor: Nahid			
		5:15–6:15pm Gentle/Restorative Yoga Instructor: Lisa L. 55 min				

Updated 5-12-21

All Classes are included in regular Center for Health & Fitness membership **EXCEPT** Fee-based classes that are highlighted in **GREEN**.

Mat Pilates: 55-min. Single: \$19, 6-pack: \$18/class (\$108/pack), 12-pack: \$17/class (\$204/pack), 24-pack: \$15/class (\$360/pack)

Yoga: 70-min. Single: \$19, 6-pack: \$18/class (\$108/pack), 12-pack: \$17/class (\$204/pack), 24-pack: \$15/class (\$360/pack)

55-min. Single: \$14, 6 pack: \$13/class (\$78/pack), 12 pack: \$12/class (\$144/pack), 24 pack: \$11/class (\$264/pack)

All fee-based classes must be paid for at the front desk prior to class. All classes are held in CHF's outdoor workout space.

Sign-up is required for all outdoor classes. Reserve your spot [HERE](#). Instructor and/or class may change without notice. Learn more at beachcitiesgym.org.

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 cycling for the first time.

AEROBICS: 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!

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.

DANCE FITNESS POPS: Have fun dancing while burning calories to pop favorites and songs by current artists (i.e. Senorita, Circles, Saturday Night Fever, Whoomp There it is.... to name a few).

DANCE FITNESS OLDIES: 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.

GENTLE/RESTORATIVE YOGA

This class will focus on bringing mind, body, and spirit into balance by unwinding tension, fatigue, and anxiety while enhancing

flexibility, mobility, and resilience to stress. Gentle Yoga Postures coordinated with mindful breathing deepens awareness and moves at a pace that allows time to be present in each pose. Restorative Yoga Postures will use Yoga props to support the body in reclining positions that open and relax the body, which allows the breath to expand more freely. This is the perfect Yoga Practice to relax, renew, and reset your body, mind, and spirit! Please bring your own towel.

MAT PILATES: Learn the basics of Pilates movement and structure.

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!

PILATES SCULPT: Invigorate your mind, strengthen your core and condition your body, using Pilates principles. You'll use a combination of Pilates core and posture work, and powerhouse strengthening work to leave you feeling toned, strong and supple.

SUNSET FLOW: Flow smoothly through a series of invigorating Vinyasa sequences designed to recharge your batteries as day turns into night and the sun makes room for the moon. The class includes instruction on all the basics of hatha yoga postures, sun salutations, standing poses, inversions, hip openers, backbends, forward bends & twists, in addition to meditation and breath work. Hone body awareness, stimulate the nervous system, and strengthen the heart and lungs

while calming the mind and steadying the emotions in this holistic class. Modifications and variations are offered throughout to accommodate students of all levels.

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.

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.