

# OUTDOOR/INDOOR CLASSES

**HOURS:** Monday-Friday: 6:30 a.m.-7 p.m., Saturday & Sunday: 7 a.m.-3 p.m. **310-374-3426, Option 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00–8:55am Boot Camp Instructor: Mark	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 (GX Rm.) Instructor: Sandie/ Bobbi	8:30–9:25am Aerobics Instructor: Charlotte
9:30–10:25am Silver Sneakers Classic Instructor: Bobbi G.	9:30–10:25am Body Sculpt Instructor: Charlotte	8:15–9:10am Silver Cardio (Silver Rm) Instructor: Sandie (Starts 1/19)	9:30–10:25am Body Sculpt (GX Rm) Instructor: Joyce	9:30–10:25am Silver Sneakers Classic Instructor: Debbie T.		10–10:55am Performace Cycling Instructor: Jon
11–11:30am Balance Basics (Silver Room) Instructor: Aidan	11–11:55am Zumba Gold Instructor: Krista	9:30–10:25am Silver Sneakers Classic Instructor: Cheryl	11–11:55am Zumba Gold Instructor: Nahid	12:15–1:15pm 20/20/20 Instructor: Debbie T.		
12:15–1:15pm 20/20/20 Instructor: Manuela	12:15–1:10pm Silver Cardio Instructor: Debbie T.	11:30–12pm Balance Basics (GX Room) Instructor: Chris				
4–4:55pm Circuit (GX Rm) Instructor: Amber	5:00–5:55pm Aerobics (GX Room) Instructor: Amber	12:15–1:15pm 20/20/20 Instructor: Debbie T				
5–5:55pm Zumba (GX Rm) Instructor: Nahid		2–2:55pm Zumba Instructor: Krista				
		5–5:55pm Total Body Conditioning (GX Rm) Instructor: Amy				

Updated 1-24-22

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

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](http://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.

**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.

**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.

**SILVERSNEAKERS CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic

tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**BODY SCULPT:** Build muscles 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!