

# PILATES & YOGA 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
8:45–9:40am Yoga Basics (Jade Rm.) Instructor: Pamela 55 min	7:30–8:25am Sunrise Yoga (Jade Rm.) Instructor: Timilie 55 min	9:00–9:55am Pilates Reformer All Levels Instructor: Jamie	8:45–9:40am Restorative Yoga (Jade Rm.) Instructor: Pamela	9:00–9:55am Restorative Reform- er (All Levels) (Ref. Rm.) Instructor: Pam J.		
9am Reformer All Levels (Ref Rm.) Instructor: Manuela	10:15–11:10am Intro to Mat Pilates (Jade Rm.) Instructor: Manuela 55 min	9:30–10:25am Pilates Sculpt (Jade Rm.) Instructor: Lilly	10:15–11:10am Intro to Pilates Reformer (Ref. Rm.) Instructor: Manuela			
10am Reformer All Levels (Ref Rm.) Instructor: Manuela	11:20–12:15pm Restorative Flow (Jade Rm.) Instructor: Pamela 55 min	11:00–11:55am Restorative Flow (Jade Room) Instructor: Pamela 55 min	5:00–5:55pm Reformer All Levels (Ref. Rm.) Instructor: Manuela			
11–11:55am Mat Pilates (Jade Room) Instructor: Manuela		4:45–5:40pm Yoga Basics (Jade Room) Instructor: Pamela				
5pm Reformer All Levels (Ref Rm.) Instructor: Maria E.						

Updated 12-23-22

All Yoga, Mat Pilates and Reformer Pilates in-person are not covered under membership and will have an additional fee as follows:  
 Mat Pilates: 55-min. Single: \$22, 6-pack: \$21/class (\$126/pack), 12-pack: \$20/class (\$240/pack), 24-pack: \$18/class (\$432/pack)  
 Group Reformer Pilates: 55-min. Single: \$29, 6-pack: \$26/class (\$156/pack), 12-pack: \$25/class (\$300/pack), 24-pack: \$24/class (\$576/pack)  
 Yoga: 70-min. Single: \$22, 6-pack: \$21/class (\$126/pack), 12-pack: \$20/class (\$240), 24-pack: \$18/class (\$432/pack)  
 Yoga: 55-min. Single: \$17, 6-pack: \$16/class (\$96/pack), 12-pack: \$15/class (\$180/pack), 24-pack: \$14/class (\$336)

Reserve your spot [HERE](#). Instructor and/or class may change without notice. Learn more at [beachcitiesgym.org](http://beachcitiesgym.org).

# CLASS DESCRIPTIONS

## 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.

**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.

**REFORMER ALL LEVELS:** A beginner to intermediate class offering new challenges to students who have experienced the fundamental exercises and have a sound understanding of the principles of Pilates. This is a flowing Pilates reformer class that will challenge strength, stabilization and flexibility.

**BASIC REFORMER:** Basic Reformer is designed for those new to Pilates Reformer. This class is a balanced class that starts to challenge how you use your core in relation to the resistance provided by the Reformer machines. You will build on key Pilates principles of core control, fluid motion and coordination.

**YOGA BASICS:** Designed with the newer yogi in mind, this class provides instruction on the fundamentals of yoga, including hatha yoga postures, sun salutations, standing poses, inversions, hip openers, backbends, forward bends & twists, in addition to meditation and breath work. The goal of this class is to help students perfect their practice without the pressure to "keep up" to a certain pace. New practitioners will develop body awareness to facilitate correct postural alignment through the Asana (poses), and they will learn how to connect breath with movements for a deeper spiritual involvement.

**SUNRISE YOGA:** Start as you mean to go on by energizing your whole self in this mindful morning yoga class. Move gently through Asana (poses) designed to awaken your mind and stimulate your body. Practiced regularly, you will soon feel the physical and spiritual benefits of becoming stronger and more focused in your daily tasks. No caffeine needed for this class.

**RESTORATIVE FLOW:** Combine the best of Restorative Yoga, using props and other aids with the warm, rejuvenating pace of a flow class. This gently flowing practice will help relax and restore your body and mind, and will help to melt away your aches and pains. This class is suited to all abilities because poses (asana) may be modified as needed with caring, individualized attention from your instructor.

**RESTORATIVE REFORMER:** Learn the fundamentals of Pilates Reformer in this class, designed for those newer to Reformer or recovering from injury or illness. Lengthen, strengthen and balance your muscles while learning how to stabilize your joints and increase your functional range of motion. You will also appreciate the restorative benefits of connecting breath with motion in this fun, revitalizing class. Suitable for all levels.

**VINYASA YOGA:** Vinyasa, meaning "connection", is a style of yoga in which the Asana (poses) are synchronized with breath in smooth, flowing sequences. Offered at variable paces and with modifications to the poses, this class is an ideal introduction to a dynamic, athletic yoga discipline. First-timers are welcome, and experienced yogi will also benefit from focusing on form and technique in this diverse class.