

# 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
<b>8-8:55am</b> GWTF Boot Camp Instructor: Mark B. (GX Room)	<b>8-8:55am</b> Performance Cycling Instructor: Judy (GX Room)	<b>8-8:55am</b> GWTF Boot Camp Instructor: Mark B. (GX Room)	<b>8-8:55am</b> Performance Cycling Instructor: Judy (GX Room)	<b>8-8:55am</b> GWTF Boot Camp Instructor: Mark B. (GX Room)	<b>8-8:55am</b> Performance Cycling Instructor: Judy (GX Room)	<b>9:15-9:45am</b> Balance Basics Instructor: Jon (Silver Room)
<b>9-9:45am</b> GWTF Stretch Instructor: Mark B. (GX Room)	<b>9-9:55am</b> Silver Cardio Instructor: Carrie K. (Silver Room)	<b>8:15-9:10am</b> Silver Cardio Instructor: Sandie (Silver Rm)	<b>9-9:55am</b> Silver Cardio Instructor: Carrie K. (Silver Room)	<b>9-9:45am</b> GWTF Stretch Instructor: Mark B. (GX Room)	<b>8:30-9:25am</b> Silver Sneakers Classic Instructor: Cheryl (Silver Room)	<b>10-10:55am</b> Performance Cycling Instructor: Jon (GX Room)
<b>9-9:55am</b> Silver Sneakers Classic Instructor: Bobbi G. (Silver Room)	<b>9-9:55am</b> Body Sculpt Instructor: Debbie (GX Room)	<b>9-9:45am</b> GWTF Stretch Instructor: Mark B. (GX Room)	<b>9-9:55am</b> Body Sculpt Instructor: Joyce (GX Room)	<b>9:30-10:25am</b> Silver Sneakers Classic Instructor: Debbie T. (Silver Room)	<b>9-9:55am</b> Dance Fitness Instructor: Bobbi (GX Room)	<b>11-11:55am</b> Body Sculpt Instructor: Joyce (GX Room)
<b>10-10:55am</b> Silver Sneakers Classic Instructor: Bobbi (Silver Room)	<b>10-10:55am</b> Dance Fitness Instructor: Sandi (GX Room)	<b>9:30-10:25am</b> Silver Sneakers Classic Instructor: Cheryl (Silver Room)	<b>10-10:55am</b> Dance Fitness Instructor: Sandie (Silver Room)	<b>10:30-11:25am</b> Easy Goes It Instructor: Debbie T. (Silver Room)		
<b>10-10:55am</b> Zumba Instructor: Nahid (GX Room)	<b>10-10:55am</b> Silver Sneakers Classic Instructor: Stephanie (Silver Room)	<b>10-10:55am</b> Bench&Ball Instructor: Mark B. (GX Room)	<b>10-10:55am</b> Silver Sneakers Classic Instructor: Bobbi G. (Silver Room)	<b>11-11:55am</b> Body Sculpt Instructor: Stephanie (GX Room)		
<b>11-11:30am</b> Balance Basics Instructor: Aidan (Silver Room)	<b>11-11:55am</b> Zumba Gold Instructor: Krista (GX Room)	<b>10:30-11:25am</b> Silver Sneakers Classic Instructor: Cheryl (Silver Room)	<b>11-11:55am</b> Zumba Gold Instructor: Nahid (GX Room)	<b>12:15-1:15pm</b> 20/20/20 Instructor: Debbie T. (GX Room)		
<b>11-11:55am</b> Body Sculpt Instructor: Carrie K. (GX Room)	<b>12:15-1:10pm</b> Silver Cardio Instructor: Debbie T. (Silver Room)	<b>11:00-11:55am</b> Body Sculpt Instructor: Carrie K. (GX Room)	<b>4-4:55pm</b> Circuit Instructor: Amber (GX Room)			
<b>12:15-1pm</b> Stretch & Mindfulness Instructor: Carrie K. (Jade Room)	<b>5-5:55pm</b> Aerobics Instructor: Amber (GX Room)	<b>11:30-12pm</b> Balance Basics Instructor: Chris (Silver Room)	<b>5-5:55pm</b> Step I Instructor: Debbie T. (GX Room)			
<b>12:15-1:15pm</b> 20/20/20 Instructor: Manuela (GX Room)	<b>6-6:55pm</b> Performance Cycling Instructor: Lilly (GX Room)	<b>12:15-1:15pm</b> 20/20/20 Instructor: Debbie T (GX Room)				
<b>5-5:55pm</b> Zumba Instructor: Nahid (GX Room)		<b>12:15-1pm</b> Mindfulness Instructor: Carrie K. (Jade Room)				
		<b>2-2:55pm</b> Zumba Instructor: Krista (GX Room)				

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.

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

Effective: 3/1/24

## 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!

**GO-WITH-THE-FLOW (GWTF) BOOTCAMP:** With this boot camp style sculpting and cardio class, you never know what you'll get. Each day/week/month could be something different. Get ready to mix it up! Interval/tabata, "neighbor" day, spot change, cardio day, core challenge, static day, reverse day, wildcard, etc. Push yourself, build camaraderie, and have fun! If it doesn't challenge you...it won't change you! All fitness levels are welcome. Sweat with a smile!

**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.

**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!

**CARDIO SCULPT:** With an emphasis on core and all major muscle groups, this class combines aerobics, light strength training, active/dynamic stretching to strengthen cardiovascular endurance, burn calories, tone muscles and increase flexibility. Exercises include standing and mat exercises.... Sculpting/moving to Amazing Music! A great overall workout for all levels of fitness enthusiasts, and music lovers!

**MINDFULNESS:** Ease stress and tension by learning how mindfulness meditation benefits the body and mind. This hybrid class combines calming and stress relieving stretching movements with guided meditation.

**GO-WITH-THE-FLOW (GWTF) STRETCH:** This gentle, calming, basic stretch class flows from one movement to another to help improve flexibility while listening to soothing meditative music to help center and ground yourself. You'll leave feeling relaxed, refreshed, and rejuvenated.

**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 10 participants per class to optimize safety and allow focused attention on each person.

**SILVER CARDIO:** This class is designed for the active senior who likes a challenging workout and loves good music! This class begins with a gentle warm up followed by cardio, strength exercises, band work, balance

and core work. The class concludes with at least 10 to 15 minutes worth of chair work incorporating core strengthening, muscle toning and winds down with gentle stretching. Silver Cardio is fun and challenging, however is designed for seniors of ALL fitness levels with suggested modifications whenever need be!

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

**EASY GOES IT:** A low intensity, low impact workout designed for those with joint challenges. Through the use of props, such as weights and resistance bands, you will perform exercises to help increase joint flexibility, range of motion and build muscle strength. This is the perfect class to help alleviate any aches and pains while gaining muscular strength, endurance, and improving your flexibility.

**STRETCH/MINDFULNESS:** This class begins with stretching followed by mindfulness for 20 minutes. Stretching is vital as it lengthens and elongates muscles improving flexibility and elasticity. Stretching has many benefits including improving posture, decreasing back pain, and preventing injury. Our mindfulness portion will give us the opportunity to drop down into stillness with an emphasis on breath and presence. Mindful awareness adds insight to our overall existence. The practice increases vitality, encourages health and wellness, decreases stress, promotes inner peace and calm, and has even been proven to reduce blood pressure and boost immune function. This combination of stretching and mindfulness practice will leave you feeling relaxed, calm, and serene.

**BENCH&BALL:** Take your training one step further. This workshop will lead you through progressive exercises utilizing a step-bench and a stability ball to challenge your upper and lower body as well as your core muscles. Have fun and feel the burn!