

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

Updated 01-14-23

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 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!

**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.

**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!

**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.