

PILATES & YOGA CLASSES



Center for
Health & Fitness
A Beach Cities Health District Program



HOURS: Monday-Friday: 6:30 a.m.-8 p.m., Saturday & Sunday: 7 a.m.-3 p.m.

310-374-3426, press Option #7, Dial #8148 for Direct Assistance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45–9:40am Yoga Basics (Jade Rm.) Instructor: Timilie	7:30–8:25am Sunrise Yoga (Jade Rm.) Instructor: Timilie	9–9:55am Pilates Reformer (Intermediate) (Ref. Rm.) Instructor: Umeko	7:30–8:25am Sunrise Yoga (Jade Rm.) Instructor: Tilly	7:30–8:25am Sunrise Yoga (Jade Rm.) Instructor: Timilie	9:30–10:25am Restorative Yoga (Jade Rm.) Instructor: Tilly	
9–9:55am Reformer All Levels (Ref Rm.) Instructor: Lois A.	9–9:55am Restorative Reformer (Int/Adv) (Ref. Rm.) Instructor: Umeko	9:30–10:25am Pilates Sculpt (Jade Rm.) Instructor: Lilly	8:45–9:40am Restorative Yoga (Jade Rm.) Instructor: Lisa	9–9:55am Restorative Reformer (Int/Adv) (Ref. Rm.) Instructor: Umeko	9:45–10:40am Reformer All Levels (Ref. Rm.) Instructor: Cheryl	
10–10:55am Reformer All Levels (Ref Rm.) Instructor: Manuela	10–10:55am Restorative Reformer Int/Adv (Ref. Rm.) Instructor: Umeko	10–10:55am Reformer Bone Building (Int/Adv) (Ref. Rm.) Instructor: Umeko	9–9:55am Intermediate Reformer (Ref. Rm.) Instructor: Umeko	10–10:55am Reformer Bone Building (Int/Adv) (Ref. Rm.) Instructor: Umeko	11–11:55am Chair Yoga (Silver Rm.) Instructor: Cheryl	
10–10:55am Heart-Centered Yoga (Jade Rm.) Instructor: Jessica	10:15–11:10am Intro to Mat Pilates (Jade Rm.) Instructor: Manuela	11–11:55am Restorative Flow (Jade Room) Instructor: Pamela	10–10:55am Fundamental Mat Pilates (Jade Rm.) Instructor: Umeko	10–10:55am Mat Pilates (Jade Rm.) Instructor: Lilly		
11–11:55am Mat Pilates (Jade Rm.) Instructor: Manuela	11:15–12:10pm Introduction to Pilates Reformer (Beginner) (Ref. Rm.) Instructor: Umeko		10–10:55am Center & Balance Reformer (Ref. Rm.) Instructor: Lois A.	11–11:55am Functional Mat Pilates (Jade Rm.) Instructor: Umeko		
5–5:55pm Reformer All Levels (Ref. Rm.) Instructor: Maria E.	11:30–12:25pm Restorative Flow (Jade Rm.) Instructor: Pamela		11:30–12:25pm Yoga Basics (Jade Rm.) Instructor: Timilie			
	5:30–6:25pm Gentle Yoga Flow (Jade Rm.) Instructor: Pamela		5–5:55pm Reformer All Levels (Ref. Rm.) Instructor: Maria			

Please note that all Yoga, Mat Pilates, and Reformer Pilates classes are not included with membership and will require an additional fee. Pre-registration is required for all classes to ensure space availability.

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

Effective: 8/3/26

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.

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 intermediate to advanced levels only.

REFORMER BONE BUILDING: This class combines cardio jump board exercises with higher resistance exercises to enhance your endurance and strength so get ready to focus, move and have fun. It is sure to elevate your heart rate and assist in building bone mass and joint stability. Ideal for those with osteopenia and osteoporosis. Previous Pilates experience recommended. This class is intended for intermediate/advanced levels and is not suitable for beginners.

INTRO TO PILATES REFORMER: This intro to Reformer class is designed to teach and reinforce the fundamentals and beginning movements. Recommended for those who have never taken Pilates, less experienced Pilates participants or those recovering from injury. Beginners should complete 8–10 classes before advancing to the intermediate level.

INTERMEDIATE REFORMER: This Intermediate class is for those who wish to go deeper into the nuances

of reformer exercise and explore different movement patterns for strength and length. No two classes are alike. Props used: balls, rings, jump board. Previous Pilates experience recommended.

FUNCTIONAL MAT PILATES: This versatile class focuses on perfecting form and postural alignment and correcting muscular imbalances. You'll use a variety of props, and work at a range of paces with diverse choreography from week to week, so you'll never have the same class twice and will constantly be challenged to develop your fitness in innovative ways. Regularly attending this class will help lay a solid foundation to your exercise routine and improve your daily physical functionality.

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. Join us for a thoughtfully designed yoga series that builds week by week. Each class introduces new postures, techniques, and transitions while reinforcing foundational movements learned in previous sessions. As the weeks progress, you'll gradually add on to the sequence—developing strength, flexibility, balance, and confidence in a supportive, structured environment.

CENTER & BALANCE: Reconnect with your body in this gentle and restorative Reformer Pilates class designed to improve flexibility, stability, and overall well-being. Through light, controlled movement and deep, apparatus-assisted stretching, you'll increase circulation, release muscle tension, and enhance your body's natural mobility. This class incorporates balance work and unilateral movements to strengthen the core, improve coordination, and support better body alignment. Supportive, low-impact, and accessible for all fitness levels, Center, Balance & Restore is perfect for both beginners and experienced practitioners looking to move with intention, recover, and reset.

HEART-CENTERED YOGA: Explore your practice as a heart-centered meditation in which the breath and body connect as one to purify the body and calm the mind while opening the spirit to the fullest and freest awareness of happiness. Asana are modified to accommodate people of all levels.