

# GROUP FITNESS CLASSES

HOURS: Mon. – Thu. 5:30 a.m. - 9 p.m., Fri. 5:30 a.m. – 8 p.m. , Sat. & Sun. 7 a.m. – 6 p.m. 310-374-3426, ext. 147

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |
|---|--|---|--|--|--|--|
| 7-7:55am \$ Functional Strength Training<br>Instructor: Brian             | 7-7:55am Circuit<br>Instructor: Sharon                                       | 7-7:55am \$ Functional Strength Training<br>Instructor: Brian             | 7-7:55am Circuit Boot Camp<br>Instructor: Sharon                         | 7-7:55am \$ Intro to Mat Pilates<br>Instructor: Bobbie                           | 8-8:55am Circuit<br>Instructor: Mary                                     | 8-8:55am Core Board<br>Instructor: Charlotte       |
| 8-8:55am Core Board<br>Instructor: Lois                                   | 8-8:55am Tai Chi<br>Instructor: Marc   | 8-8:55am Boot Camp<br>Instructor: Mark                                    | 8-8:55am Performance Cycling<br>Instructor: Debbie/Sharon                | 8-8:40am Silver Room<br>Tai Chi for Arthritis<br>Instructor: Marc                | 9-9:55am Power Cycling<br>Instructor: Debbie                             | 9-9:55am Circuit<br>Instructor: Krista             |
| 9-10am Rep Reebok<br>Instructor: Lois                                     | 8-8:55am Performance Cycling<br>Instructor: Debbie/Sharon                    | 8:30-9:25am Silver Room<br>SilverSneakers® Classic<br>Instructor: Debbie  | 9-9:55am Body Blast<br>Instructor: Mark                                  | 8-8:55am Rep Reebok<br>Instructor: Lois  | 10-10:25am Core, Balance, Stretch<br>Instructor: Debbie T.               | 10-10:55am Performance Cycling<br>Instructor: Ryan |
| 10-10:55am Mobility<br>Instructor: Lois                                   | 9-9:55am Aerobics<br>Instructor: Lois  | 9-9:55am Core Board<br>Instructor: Lois                                   | 9:30-10:25am Silver Rm<br>Silver Cardio<br>Instructor: Carrie K./Manuela | 8:45-9:45am Silver Room<br>SilverSneakers® Classic<br>Instructor: Debbie T.      | 10:30-11:25am Aerobics<br>Instructor: Debbie                             | 11-11:55am Body Sculpt<br>Instructor: Allison Ho   |
| 10-10:55am Silver Room<br>Easy Goes It<br>Instructor: Cheryl              | 9:15-10:10am Silver Room<br>Silver Cardio<br>Silver Instructor: Carrie K.    | 10-10:55am Mobility<br>Instructor: Lois                                   | 10-10:30am Simply Stretch<br>Instructor: Mark                            | 9-9:55am Low & Sculpt<br>Instructor: Bobbi                                       | 11-11:55am Silver Rm<br>Silver Balance Circuit<br>Instructor: Cheryl     | Noon-12:55pm Zumba<br>Instructor: Nahid            |
| 11-11:55am SGT Room<br>CoreMom Small Group* \$                            | 10-10:30am Simply Stretch<br>Instructor: Lois                                | 11-11:55am SGT Room<br>CoreMom Small Group*\$                             | 10:30-11:05am Bootcamp Express<br>Instructor: Mark                       | 9:45-10:45am Silver Rm<br>Easy Goes It<br>Instructor: Debbie T.                  | 11:30am-12:25pm Step I<br>Instructor: Debbie                             |  |
| 11-11:55am Body Sculpt<br>Instructor: Carrie K.                           | 10-10:55am SGT Room<br>Dance Fitness<br>Instructor: Sandie                   | 11-11:55am Body Sculpt<br>Instructor: Joyce                               | 10:30-10:55am Jade Room<br>Balance Basics<br>Instructor: Aidan           | 10-10:55am Simply Stretch<br>Instructor: Umeko                                   | Noon-1:15pm Silver Rm<br>Silver Strength & Stretch<br>Instructor: Cheryl |  |
| 12:10-1pm Gentle Stretch & Mindful Meditation<br>Instructor: Carrie K.    | 10:30-11am Aerobics Express<br>Instructor: Lois                              | 11:30am-12:25pm Silver Rm<br>Easy Goes It<br>Instructor: Cheryl           | 11:05-noon Dance Fitness<br>Instructor: Sandie                           | 10-10:55am Gentle Stretch/Mindful Movement<br>Jade Room<br>Instructor: Carrie K. |  |  |
| 12:15-1:15pm 20/20/20 (cycle, core, stretch)<br>Instructor: Manuela       | 11-11:25am SGT Room<br>Balance Basics<br>Instructor: Tanya                   | 12:15-1:15pm 20/20/20* (cycle, core, stretch)<br>Instructor: Debbie T.    | 11:50am-12:45pm Silver Rm<br>Silver Stretch<br>Instructor: Umeko         | 11-11:55am Body Sculpt<br>Instructor: Carrie K.                                  |  |  |
| 12:15-1:10pm Silver Rm<br>SilverSneakers® Classic<br>Instructor: Cheryl   | 11-11:55am Zumba Gold<br>Instructor: Krista                                  | 12:30-1:25pm Silver Room<br>SilverSneakers® Circuit<br>Instructor: Cheryl | 12:15-1:15pm Performance Cycling<br>Instructor: Manuela                  | 12:15-1:10pm 20/20/20<br>Instructor: Debbie T.                                   |  |  |
| 1:15-2:10pm Silver Room<br>SilverSneakers® Circuit<br>Instructor: Manuela | 11:30am-12:25pm Silver Room<br>Silver Stretch<br>Instructor: Umeko           | 1:15-2:10pm Belly Dance<br>Instructor: Sandie                             | 1-1:55pm Silver Room<br>SilverSneakers® Circuit<br>Instructor: Bobbi*    | 1-1:55pm Silver Room<br>SilverSneakers® Classic<br>Instructor: Cheryl            |  |  |
| 2:15-3:10pm Silver Room<br>YOGA Stretch<br>Instructor: Susan G.           | Noon-12:55pm Cycling<br>Instructor: Sarah*                                   | 1:30-2:25pm Silver Room<br>Silver Stretch<br>Instructor: Cheryl           | 2-2:55pm Zumba Gold®<br>Instructor: Monica                               | 1:15-2:10pm Belly Dance<br>Instructor: Sandie                                    |  |  |
| 4-4:55pm Aerobics<br>Instructor: Charlotte                                | 12:30-1:25pm Silver Room<br>SilverSneakers® Circuit<br>Instructor: Debbie T. | 4-4:55pm Core Stability<br>Instructor: Charlotte                          | 4-4:55pm Aerobics/Ball<br>Instructor: Charlotte                          | 2-2:45pm Silver Room<br>Silver Stretch<br>Instructor: Cheryl                     |  |  |
| 5-5:55pm Power Sculpt<br>Instructor: Charlotte                            | 5:30-6:25pm Performance Cycling<br>Instructor: Lilly                         | 5:00-5:55pm Cycling<br>Instructor: Amy                                    | 5-5:50pm Step II<br>Instructor: Debbie                                   | 4:30-5:25pm Barre Burn<br>Instructor: Petra                                      |  |  |
| 5:15-5:45pm Simply Stretch Jade Room<br>Instructor: Carrie B.             | 6-7pm SGT Room<br>CoreMom Small Group*\$                                     | 5:15-5:45pm Jade Room<br>Simply Stretch<br>Instructor: Carrie B           | 5:30-6pm Jade Room<br>Simply Stretch<br>Instructor: Carrie B.            | 5:30-6:25pm Total Body Conditioning<br>Instructor: Amy                           |  |  |
| 6-6:55pm Zumba<br>Instructor: Nahid*                                      | 6:30-7:30pm Step II<br>Instructor: Debbie T.                                 | 5:30-6:25pm Turbo Treadmill<br>Instructor: Charlotte                      | 6-6:55pm Power Cycling<br>Instructor: Sarah                              | 5:30-6:25pm Turbo Treadmill<br>Instructor: Charlotte                             |  |  |
| 6-6:55pm Turbo Treadmill<br>Instructor: Charlotte                         | 7:30-8:25pm Zumba® Hybrid<br>Instructor: Samia                               | 6-6:55pm Circuit<br>Instructor: Amy                                       | 6-7pm SGT Room<br>CoreMom Small Group*\$                                 | 6:30-7:25pm Zumba®<br>Instructor: Nahid  |  |  |
|   |  | 7-7:55pm Aerobics<br>Instructor: Debbie T.                                | 7-7:55pm Zumba<br>Instructor: Tracy                                      |  |  |  |

\*new teacher | **New Class**  
**\$** = fee-based class: \$8 for members, 12-pack: \$78, 24-pack: \$120, \$16/class for non-members

**CoreMom Small Group Fitness Prices**  
Drop-In: \$25, 12 pack: \$240, 24 pack: 438

All fee based classes must be paid for at the front desk prior to class. All classes are held in the group exercise room unless otherwise noted.

Sign-up is required for all Cycling and Core Board classes. Instructor and/or class may change without notice. Check out our group fitness schedule online at [beachcitiesgym.or](http://beachcitiesgym.or)

# 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 indoor cycling for the first time.

**AEROBICS EXPRESS:** 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!

**BODY BLAST:** This class is no walk in the park! Designed with active older adults in mind, this class blends low-impact aerobics with challenging strength exercises to maximize cardiovascular fitness, build strength and bone density. You can push to your limits or modify exercises as needed for this energetic class; either way, you'll have fun and meet a great group of new people.

**BOOT CAMP EXPRESS:** Get a full-body workout in just 30-minutes in this energizing blend of cardio intervals and resistance training. This shorter version of our popular Boot Camp is a great workout for those in a time crunch, and for those who want to try a class for the first time.

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

**BARRE BURN:** Barre Burn combines ballet barre work, flirty dance moves, and matwork for an intense lower body workout class that will on carving out your abs, slimming the thighs, and lifting the seat. The exciting blend of burlesque, belly dance and ballet choreography is kept simple, and the energy is kept high to take you into maximum calorie-burning mode!

**BELLY DANCE WORKOUT:** Combine the beauty of ancient Eastern dance with a sizzling cardio workout. This class is for all levels. Each movement is broken down so everyone can learn the movements. These movements will then be put into short dances that we will do throughout the class.

**BODY SCULPT:** Build muscle 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.

**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.

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

**CIRCUIT BOOT CAMP:** 3, 2, 1... GO! This "boot camp" style class has you moving around the room from station to station, designed to test your strength, cardiovascular fitness and balance. You'll do high-intensity intervals to give you the maximum workout in minimal time. With two people per station, you will be motivated to give it your all by your workout buddy. Come along and have a BLAST!

**CORE BOARD:** This class involves strength training with a focus on body awareness and neutral positioning while moving.

**CORE STABILITY:** This class combines the stability ball, core board and BOSU ball to maximize core strength.

**COREMOM SMALL GROUP FITNESS:** Designed by a pre-and post-natal fitness specialist for pregnant women and new mothers. This class combines

functional corrective movements with restorative exercise. Most classes are baby friendly (non-mobile- 6 weeks to 7 months). Check with your health professional before starting or resuming workouts.

**DANCE FITNESS (AMERICAN BANDSTAND):** 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. There is a limited number of availability. Please sign-up at the front desk 15-minutes prior to the class.

**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.

**FUNCTIONAL STRENGTH TRAINING:** This is a full-body strength-training class, using barbells, dumbbells, resistance bands and more. You will focus on perfecting your exercise technique using functional, multi-joint movements, designed to improve your overall strength, balance, co-ordination and posture. With endless innovative variations, you will never do the same workout twice, and you'll want to keep coming back for more.

## GENTLE STRETCH & MINDFUL MEDITATION

Ease stress and tension by learning how mindful meditation benefits the body and mind. This hybrid class, combines calming and stress relieving stretching movements with guided meditation.

**INTRO TO MAT PILATES:** This intro to mat 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 an injury.

**LOW & SCULPT:** This class is a combination of cardiovascular conditioning and strength training.

**MOBILITY:** Use the latest techniques and tricks to melt away those knots and open up tight spots. This class fuses basic mat stretch work with innovative stability ball exercises, foam rolling, band stretches and more to help maximize your functional range of motion.

**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!

**POWER CYCLING:** A fun, cardiovascular workout based on cycling principles. This class will help you perfect your cycling form and build your fitness. With easy-to-follow instructions and self-selected resistance levels, people of all abilities can join the ride.

**POWER SCULPT:** Using hand-held weights combined with the BOSU ball and stability ball, you'll experience a full body workout — building strength and definition. The class begins with a brief cardio warm-up and concludes with safe stretching techniques that work every muscle group.

**REP REEBOK:** Strength training focus rotates through endurance, strength and power cycles. 6-week session.

**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.

**SILVERSNEAKERS® CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**SILVER CARDIO:** This class is designed for the active senior who likes challenging workouts 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 wherever need be!

**SILVER STRETCH:** Designed with active older adults in mind, this class offers modifications to traditional stretch techniques in order to minimize potential stress on painful joints. Your instructor will guide you through structured stretch routines to improve posture, joint mobility, and enhance your overall feeling of wellbeing. Chairs may be used as needed in this class.

**SILVER STRENGTH & STRETCH:** This is a combination of low-impact cardio, strength and balance work, and full-body stretching, designed to give older adults everything they need in one go. The first part of the class incorporates a gentle cardiovascular workout and light stretching to warm up your muscles and joints. You'll then spend time on strength and balance work to help you stay strong and improve your posture. Finally, you'll do a blend of stretching and mobility exercises to enhance your functional range of motion and leave you feeling relaxed, yet invigorated. Actual exercise time will be closer to 75 minutes. Please dress in loose, comfortable clothing, comfortable fitness shoes, and come prepared to enjoy a fun, social class that will definitely get you moving!

**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!

**STEP I/SCULPT:** This class is a combination of basic level one step aerobics along paired with a body sculpting. Guaranteed to be a full body workout!

**STEP II:** This is a great cardiovascular workout. It maintains heart rates in working zones as well as being anaerobic. Participants focus on coordinating as many steps as are called out during class.

**TOTAL BODY CONDITIONING:** This class is a balanced blend of endurance, strength and flexibility exercises in an efficient and effective hour. Keeping the class fresh and progressive by introducing a variety of formats; basic body conditioning, cardio circuit, yoga and core conditioning.

**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.

**TURBO TREADMILL:** This fun class is suitable for everyone, and uses speed and hill intervals to maximize your fitness and incinerate calories! Your experienced instructor will motivate and monitor you to ensure a safe, effective workout that can be modified to accommodate runners and walkers alike.

**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.

**ZUMBA™ HYBRID:** This hybrid class incorporates the high energy, fun dance party moves of traditional Zumba with weight training, body resistance and core work to target arms, abs and lower body. A complete body workout and a great time all in one!

**ZUMBA TONING:** Zumba® Toning is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!