

# Torrance Fitness Center

## In-Person Group Exercise

TIME (PST)	MON	TUES	WED	THUR	FRI
12:00pm	<b>Yoga</b> Amber (45 min)	<b>Full Body Circuit</b> Danny (30 min)	<b>Indoor Cycling</b> Denine (45 min)	<b>Bootcamp</b> Danielle (45 min)	<b>Roll &amp; Recover</b> Jordan (45 min)
5:15pm - 5:45pm		<b>Abs on Fire</b> Danielle			
5:30pm - 6:15pm	<b>Indoor Cycling</b> Denine		<b>Yoga</b> Amber		

To reserve your spot for any offered class, please email us confirming your attendance at [Torrance\\_Fitness\\_Center@na.honda.com](mailto:Torrance_Fitness_Center@na.honda.com). Please include the class title, day & time. Thank you!

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**Yoga:** Increase your strength, flexibility, mindfulness, and peace in this 45-minute combined hatha and vinyasa yoga.

**Full Body Circuit:** This circuit class will maximize calorie loss, keeping your heart rate up and burning more fat in less time. This circuit style training works the full body with the use of dumbbells, resistance bands, medicine balls, and body weight. Feel the burn in this 30-minute class!

**Bootcamp:** Break a sweat with this 45-minute bootcamp class that consists of a mix of cardiovascular fitness and strength training using bodyweight, weights and other equipment!

**Abs on Fire:** This quick & effective 30-minute class focuses on building strength from your core to your outer most abs. Using minimal equipment, these exercises will help support posture and improve stability!

**Roll & Recover:** Whether you play a sport, lift weights, or sit behind a desk all day, this class is for you. The focus of this class is to improve mobility and facilitate muscle recovery through foam rolling soft tissue and mobility exercises.

**Indoor Cycling:** Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to challenge your strength and endurance while burning up those calories. Come find the inspiration you've been looking for to help you achieve your personal goals!