

TORRANCE FITNESS CENTER

IN - PERSON GROUP EXERCISE SCHEDULE

TIME (PST)	MON	TUES	WED	THUR
Afternoon	Yoga Flow Mecca 12:00p - 12:45p	TRX Fit 45 Danielle 12:00p - 12:45p	Spin Clarie 12:00p - 12:45p	Bootcamp Danielle 12:00p - 12:45p
Evening	Functional Core Mark 5:30p - 6:15p	Full Body Circuit Danny 5:30p - 6:00p	Power Yoga Vy 5:30p - 6:15p	Strength & Spin Alex 5:30p - 6:15p

Power Yoga: An all-levels class designed to build strength and endurance, while expanding breath and flexibility. We will move through traditional Yoga poses and transitions. One of the main goals of this class will be to connect our breath with movements, both static and dynamic. Find a clear mind and revived body after this 45-minute practice.

Yoga Flow: In this invigorating Yoga class, strength is cultivated through a series of dynamic poses that challenge and empower the body. Each posture flows seamlessly, enhancing flexibility and promoting a deepened sense of bodily awareness. Moments of meditation weave throughout the practice, allowing participants to center their minds and connect with their breath. As stamina is tested through sustained sequences, the class culminates in a serene sound bath, where soothing vibrations from Tibetan singing bowls envelop the room, offering a deeply relaxing conclusion to the transformative experience.

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!

Spin: A high-energy class designed to challenge both beginners and seasoned cyclists. Spin will challenge your endurance, build strength, and leave you feeling accomplished. With cues on form, breathing, and mindset to keep you motivated and moving forward—whether you're climbing a hill or sprinting to the finish. This class is for all levels!

Strength & Spin: Experience the ultimate fitness fusion with *Strength & Spin*, a dynamic workout that seamlessly combines strength training and indoor cycling. Start with invigorating indoor cycling, featuring varied terrains, challenging climbs, and fast-paced sprints to boost cardiovascular fitness and burn calories. Then shift gears with a focused strength circuit using free weights, resistance bands, and bodyweight movements to build muscle and enhance endurance.

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!

Functional Core: This 45-minute class builds functional core strength for better posture, balance and power. Perfect for all fitness levels.

TRX Fit 45: A dynamic, full-body workout designed to enhance your strength, stability, and flexibility using the TRX Suspension Trainer. In this 45-minute class, you'll engage in a series of functional movements on and off the TRX that target every major muscle group, with a special emphasis on building a strong, stable core. (Class max: 12)