

TORRANCE FITNESS CENTER

IN - PERSON GROUP EXERCISE SCHEDULE

TIME (PST)	MON	TUES	WED	THUR
Afternoon	Yoga Flow + Meditation Constance 12:00p - 12:45p	TRX Fit 45 Danielle 12:00p - 12:45p	Spin Valerie 12:00p - 12:45p	Bootcamp Danielle 12:00p - 12:45p
Evening	Functional Fitness James 5:30p - 6:15p	Total Body Sculpt Courtney 5:30p - 6:15p	Power Yoga Vy 5:30p - 6:15p	Strength + Spin Alex 5:30p - 6:15p

Yoga Flow + Meditation: Build strength and awareness through a steady flow of dynamic postures in this 45-minute class. This grounding practice enhances flexibility and body connection while incorporating mindful breath and moments of stillness. Each session ends with a 10–15-minute guided meditation.

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!

Total Body Sculpt: This 45 minute full-body workout blends mat pilates, yoga, and strength training to build strength, flexibility, and core stability—all in one balanced, energizing session. Expect a full-body workout that leaves you feeling strong, balanced, and centered!

Functional Fitness: This 45-minute class utilizes the functional movement patterns for better posture, balance and power. Perfect for all fitness 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.

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.

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)**

Spin: This 45-minute spin class is high-energy, sweaty, and packed with good vibes—perfect for beginners finding their rhythm and advanced riders chasing that next level. We ride to the beat, push past limits, and have a blast doing it. Whether it's your first ride or your hundredth, you'll leave feeling stronger, empowered, and totally energized. Let's ride!