

FEBRUARY 2026

TORRANCE HEALTH & FITNESS CENTER

IN - PERSON GROUP EXERCISE SCHEDULE

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

SPORTS & RECREATION CALENDAR

SCHEDULE

POP-UP: FLAG FOOTBALL

DATES: TUESDAY, 2/3
TIME: 5:15PM - 6:30PM
LOCATION: OUTDOOR FIELD
MEMBERSHIP: REQUIRED

SPORT: WALLYBALL

DATES: WEEKLY ON THURSDAYS
**SUBJECT TO CHANGE*
TIME: 5:00PM - 7:00PM
LOCATION: INDOOR COURT #2
MEMBERSHIP: REQUIRED

RECREATION: RUN

DATES: WEEKLY ON WEDNESDAYS
**SUBJECT TO CHANGE*
TIME: 12:00-12:45PM
LOCATION: THFC LOBBY
MEMBERSHIP: NOT REQUIRED

Run Club is an Associate led program
 To receive updates via Microsoft Teams
Email: Alexandra_medel@na.honda.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 WINTERBOWL	4 RUN CLUB	5 WALLYBALL / HOOPS HOUR	6
9	10	11 RUN CLUB	12 WALLYBALL / HOOPS HOUR	13 HEARTS
16	17	18 RUN CLUB	19 WALLYBALL / HOOPS HOUR	20
23 HEARTS	24	25 RUN CLUB	26 WALLYBALL / HOOPS HOUR	27



Torrance Health & Fitness Center

In-Person Group Exercise Descriptions

Soulful Yoga Strength: This 45-minute class fuses yoga, upbeat music, and free weights to build strength, balance, and presence from the inside out. Begin with mindful breathwork and stretching, then move into strength-building sequences using light to moderate weights to tone the arms, legs, and core. Expect grounding in Mountain Pose and focus in Tree Pose as you break a sweat – cultivating strength, clarity, and calm. Suitable for all levels.

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!

Sculpt and Flow: This 45-minute full-body workout blends mat-based pilates and strength training to build strength, flexibility, and core stability – all in one balanced, energizing session. Expect dynamic movement that leaves you feeling strong, sculpted, and centered.

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

Spin Fusion: A dynamic workout that seamlessly combines indoor cycling and strength training. Ride through varied terrains, challenging climbs, and fast-paced sprints, incorporating choreography and upper-body exercises with weights on the bike. This full-body session boosts cardiovascular fitness, builds strength, and burns calories – all to the beat of the music and the energy of the ride!

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)**

Strength & Stretch: Build strength, boost your heart rate, and release tension—all in one efficient afternoon session. This 45-minute class is designed to strengthen muscles, support heart health, and restore flexibility. Using free weights, light cardio, and guided stretching to help you feel grounded, strong, and refreshed!

To reserve your spot for any offered class, please email us confirming your attendance at **Torrance_Fitness_Center@na.honda.com**.

Please include the class title, day & time. Thank you!