

MARCH 2026

TORRANCE HEALTH & FITNESS CENTER

IN - PERSON GROUP EXERCISE SCHEDULE

TIME (PST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00 - 12:45pm	Soulful Yoga Strength Instructor: Constance	TRX Fit 45 Instructor: Danielle	Strength & Stretch <i>Dates: 3/4, 3/11</i> Instructor: Constance Powerhouse Ride <i>Dates: 3/18, 3/25</i> Instructor: Valerie	Bootcamp Instructor: Danielle
5:30 - 6:15pm	Functional Fitness Instructor: James	Sculpt & Flow Instructor: Courtney	Power Yoga Instructor: Vy	Spin Fusion Instructor: Alex

SPORTS & RECREATION CALENDAR

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

SPORT: WALLYBALL

DATES: WEEKLY ON THURSDAYS
*SUBJECT TO CHANGE

TIME: 5:00PM - 7:00PM

LOCATION: INDOOR COURT #2

MEMBERSHIP: REQUIRED

LEAGUE: BASKETBALL

OPEN DIVISION

DATES: WEEKLY ON TUESDAYS, 3/17-4/21

TIME: 5:40-7:00PM

LOCATION: OUTDOOR COURT 1

MEMBERSHIP: REQUIRED

35+ DIVISION

DATES: WEEKLY ON THURSDAYS, 3/19-4/21

TIME: 5:40-7:00PM

LOCATION: OUTDOOR COURT 1

MEMBERSHIP: REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 RUN CLUB	5 WALLYBALL	6
9	10	11 RUN CLUB	12 WALLYBALL	13
16	17 OPEN DIV. BASKETBALL LEAGUE	18 RUN CLUB	19 35+ DIV. BASKETBALL LEAGUE WALLYBALL	20
23	24 OPEN DIV. BASKETBALL LEAGUE	25 RUN CLUB	26 35+ DIV. BASKETBALL LEAGUE WALLYBALL	27
30	31 OPEN DIV. BASKETBALL LEAGUE			

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.

Functional Fitness: This 45-minute class utilizes the functional movement patterns 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)**

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.

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!

Powerhouse Ride: This 45-minute ride is all about power, rhythm, and sweat. Expect high-energy beats, heavy climbs, and fast sprints that challenge your endurance and strength. Whether you're finding your rhythm or chasing your next personal best, every ride pushes you past limits and leaves you feeling strong, empowered, and unstoppable.

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.

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 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!

THFC Membership includes access to all Group Fitness classes

To reserve your spot, Email: Torrance_Fitness_Center@na.honda.com

- Walk-ins are accepted for group fitness classes
- **Evening classes** require advance reservations to guarantee a spot
- Weekly reservations open every Monday at 6:00 a.m.
- When reserving for yourself or another member, please include the full name & class name
- For **Evening classes:** After reserving, you'll receive a class ticket before class begins to confirm your spot
- If a class is at capacity, members will receive a waitlist pass until all reserved members have checked in
- Unclaimed reservations are released to the waitlist five minutes after class start time
- Members who do not notify Fitness Center staff of last-minute cancellations will be placed on hold after five no-call, no-shows

