

MAY 2026

TORRANCE HEALTH & FITNESS CENTER GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00 – 12:45pm	Soulful Yoga & Stretch Instructor: Constance	Bootcamp Instructor: Danielle	Powerhouse Ride Dates: 5/6, 5/13 Instructor: Valerie Strength & Flow Dates: 5/20, 5/27 Instructor: Constance	TRX Fit 45 Instructor: Danielle
5:30 – 6:15pm	Powerhouse Ride Dates: 5/4, 5/11 Instructor: Valerie Total Body Strength 101 Dates: 5/18 Instructor: James	Functional Fitness Instructor: James	Power Yoga Instructor: Vy	Spin Fusion Instructor: Alex

SPORTS & RECREATION CALENDAR

SPORT: ULTIMATE FRISBEE
DATES: WEEKLY ON WEDNESDAYS (4/1 - 10/26)
**SUBJECT TO CHANGE*
TIME: 5:30-7:00PM | **LOCATION:** OUTDOOR FIELD
MEMBERSHIP: NOT REQUIRED
Ultimate Frisbee Club is an Associate led program
 To receive updates via E-mail
Email: Naomi_osako@na.honda.com

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
TIME: 5:40-7:30PM | **LOCATION:** OUTDOOR COURT 1
MEMBERSHIP: REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6 ULTIMATE FRISBEE RUN CLUB	7 WALLYBALL
11	12 BASKETBALL PLAYOFFS	13 ULTIMATE FRISBEE RUN CLUB	14 WALLYBALL
18	19 BASKETBALL CHAMPIONSHIP	20 ULTIMATE FRISBEE RUN CLUB	21 WALLYBALL
CLOSED 25 MEMORIAL DAY	26	27 ULTIMATE FRISBEE RUN CLUB	28 WALLYBALL

Torrance Health & Fitness Center

Group Exercise Descriptions

Soulful Yoga & Stretch: This 45-minute class blends yoga, upbeat music, and various stretches to lengthen your and align your muscles and your mind. Start the week building, balance and presence. Begin with mindful breathwork and stretching, then flow into strength-focused sequences that tone the arms, legs, and core. Ground in Mountain Pose and find focus in your Warrior poses as you build heat—cultivating strength, clarity, and calm. Suitable for all levels.

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.

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!

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

Strength & Flow: Combining yoga with upper-body weight training for a full-body workout. Strength & Flow uses light to moderate dumbbells to target arms, shoulders, chest, back, and core through dynamic strength sequences. The result is a sculpting, toning practice that delivers the benefits of both yoga and strength training!

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 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!

POP-UP CLASS Total Body Strength 101: This no-frills 45-minute strength class covers all the essentials. Ideal for beginners or anyone looking to reinforce proper mechanics and balanced strength.

THFC Membership includes access to all Group Fitness classes

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

- **Weekly reservations open every Monday at 6:00 a.m.**
- Walk-ins are accepted only if space is available
- **ALL classes** require advance reservations to guarantee a spot
- When reserving for yourself or another member, please include the full name & class name
- A class ticket will be issued prior to the start of class to confirm your reservation
- If a class reaches capacity, members will receive a waitlist pass
- Unclaimed reservations will be released to waitlisted members five minutes after class begins
- Members who do not notify staff of cancellations will be placed on a two week reservation hold after five no-call, no-shows