

JULY 2026

TORRANCE HEALTH & FITNESS CENTER

GROUP FITNESS CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1



TRX FIT 45
(12:00-12:45PM)
DANIELLE

2



YOGA
(12:00-12:45PM)

VIVIAN



FUNCTIONAL FITNESS
(5:30-6:15PM)

JAMES



POWERHOUSE RIDE
(5:30-6:15PM)

VALERIE

6



BOOTCAMP
(12:00-12:45PM)

DANIELLE

7

ZUMBA®

(5:30-6:15PM)
NIYSHA



POWERHOUSE RIDE
(12:00-12:45PM)

VALERIE

8



YOGA
(5:30-6:15PM)
VIVIAN



TRX FIT 45
(12:00-12:45PM)

DANIELLE

9



ZUMBA®
(5:30-6:15PM)
NIYSHA



VINYASA + YIN YOGA
(12:00-12:45PM)

PATRICIA



FUNCTIONAL FITNESS
(5:30-6:15PM)

JAMES



POWERHOUSE RIDE
(5:30-6:15PM)

VALERIE

13



BOOTCAMP
(12:00-12:45PM)

JAMES

14



ZUMBA®
(5:30-6:15PM)
NIYSHA



POWERHOUSE RIDE
(12:00-12:45PM)

VALERIE

15



POWER YOGA
(5:30-6:15PM)
VY



TRX FIT 45
(12:00-12:45PM)

JAMES

16



SPIN FUSION
(5:30-6:15PM)
ALEX



VINYASA + YIN YOGA
(12:00-12:45PM)

PATRICIA



FUNCTIONAL FITNESS
(5:30-6:15PM)

JAMES



POWERHOUSE RIDE
(5:30-6:15PM)

VALERIE

20



BOOTCAMP
(12:00-12:45PM)

DANIELLE

21



ZUMBA®
(5:30-6:15PM)
NIYSHA



POWERHOUSE RIDE
(12:00-12:45PM)

VALERIE

22



POWER YOGA
(5:30-6:15PM)
VY



TRX FIT 45
(12:00-12:45PM)

DANIELLE

23



SPIN FUSION
(5:30-6:15PM)
ALEX



VINYASA + YIN YOGA
(12:00-12:45PM)

PATRICIA



FUNCTIONAL FITNESS
(5:30-6:15PM)

JAMES



POWERHOUSE RIDE
(5:30-6:15PM)

VALERIE

27



BOOTCAMP
(12:00-12:45PM)

DANIELLE

28



ZUMBA®
(5:30-6:15PM)
NIYSHA



POWERHOUSE RIDE
(12:00-12:45PM)

VALERIE

29



YOGA
(5:30-6:15PM)
VIVIAN



TRX FIT 45
(12:00-12:45PM)

DANIELLE

30



SPIN FUSION
(5:30-6:15PM)
ALEX

JULY 2026

TORRANCE HEALTH & FITNESS CENTER SPORTS & RECREATION CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

 **SOCCER**
(OPEN PLAY) **6**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **7**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **8**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **9**
12:00-12:45PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **13**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **14**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **15**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **16**
12:00-12:45PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **20**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **21**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **22**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **23**
12:00-12:45PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **27**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **28**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **29**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **30**
12:00-12:45PM
MEMBERSHIP: NOT REQUIRED

 **SOCCER**
(OPEN PLAY) **1**
12:00-1:00PM
MEMBERSHIP: NOT REQUIRED

 **ULTIMATE FRISBEE**
5:30-7:00PM
MEMBERSHIP: NOT REQUIRED

 **BASKETBALL**
(OPEN PLAY) **2**
12:00-12:45PM
MEMBERSHIP: NOT REQUIRED

 **WALLYBALL**
5:00-7:30PM
MEMBERSHIP: REQUIRED

 **ULTIMATE FRISBEE**
5:30-7:00PM
MEMBERSHIP: NOT REQUIRED

 **WALLYBALL**
5:00-7:30PM
MEMBERSHIP: REQUIRED

 **ULTIMATE FRISBEE**
5:30-7:00PM
MEMBERSHIP: NOT REQUIRED

 **WALLYBALL**
5:00-7:30PM
MEMBERSHIP: REQUIRED

 **ULTIMATE FRISBEE**
5:30-7:00PM
MEMBERSHIP: NOT REQUIRED

 **WALLYBALL**
5:00-7:30PM
MEMBERSHIP: REQUIRED

 **ULTIMATE FRISBEE**
5:30-7:00PM
MEMBERSHIP: NOT REQUIRED

 **WALLYBALL**
5:00-7:30PM
MEMBERSHIP: REQUIRED

Torrance Health & Fitness Center

Group Exercise Descriptions

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.

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.

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.

Vinyasa + Yin Yoga: Rejuvenate with a 45-minute yoga experience designed to help you decompress, recharge, and reset. This class blends the dynamic movement of Vinyasa flow with the deep, restorative stillness of Yin yoga—offering the best of both worlds in your midday break. Begin with a mindful, breath-led flow to build warmth and release tension, then slow down with restorative Yin poses that encourage relaxation and renewal. No prior yoga experience is needed; all levels are welcome.

Zumba®: Get moving with this fun, high-energy 45-minute dance fitness class that combines upbeat music with easy-to-follow choreography. Designed to elevate your heart rate, boost energy, and improve cardiovascular fitness, Zumba® blends a variety of dance styles into a full-body workout that feels more like a party than exercise. No dance experience is required, and all fitness levels are welcome. Come ready to move, sweat, and have fun!

Yoga: This class combines guided movement, breathwork, and mindfulness to improve flexibility, strength, and relaxation. Each session flows through a series of poses with options to modify or challenge yourself. Leave feeling refreshed, centered, and energized in a supportive group environment.

Spin Fusion: Spin Fusion is a high-energy workout that combines indoor cycling with strength training. Ride through climbs, sprints, and choreography while adding upper-body weight exercises for a full-body, music-driven session that builds cardio fitness, strength, and endurance.

Group Fitness Reservation Instructions:

- **Weekly reservations open every Monday at 6:30AM**
- 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**
- If a class is at capacity, 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

Sports & Recreation Information:

- **Basketball** – Open Play
 - Weekly on **Tuesdays & Thursdays**
 - Time: **12:00–1:00PM**
 - Location: **Outdoor Court 1**
- **Wallyball**
 - Weekly on **Thursdays**
 - Time: **5:00–7:30PM**
 - Location: **Indoor Court 2**
- **Soccer** – Open Play
 - Weekly on **Mondays, Wednesdays & Fridays**
 - Time: **12:00–1:00PM**
 - Location: **Outdoor Field**
- **Ultimate Frisbee**
 - **Location: Outdoor Field**

*Ultimate Frisbee is an **Associate led group**. To receive updates via Microsoft Teams, Email: Naomi_osako@na.honda.com*