

# TORRANCE FITNESS CENTER

## IN - PERSON GROUP EXERCISE SCHEDULE

TIME (PST)	MON	TUES	WED	THUR	FRI
Afternoon	<b>Yoga Flow</b> Mecca 12:00p - 12:45p	<b>Full Body Circuit</b> Danny 12:00p - 12:30p	<b>Spin</b> Clarie 12:00p - 12:45p	<b>Bootcamp</b> Danielle 12:00p - 12:45p	<b>Roll &amp; Recover</b> Jordan 12:00p - 12:45p
Evening	<b>Mat Pilates</b> Claire 5:30p - 6:15p		<b>Power Yoga</b> Vy 5:30p - 6:15p	<b>Strength &amp; Spin</b> Alex 5:30p - 6:15p	

**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.

**Yoga Flow:** In this invigorating Yoga class, strength is cultivated through a series of dynamic poses that challenge and empower the body. Each posture flows seamlessly, enhancing flexibility and promoting a deepened sense of bodily awareness. Moments of meditation weave throughout the practice, allowing participants to center their minds and connect with their breath. As stamina is tested through sustained sequences, the class culminates in a serene sound bath, where soothing vibrations from Tibetan singing bowls envelop the room, offering a deeply relaxing conclusion to the transformative experience.

**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!

**Roll & Recover:** Whether you play a sport, lift weights, or sit behind a desk all day, this class is for you. The focus of this class is to improve mobility and facilitate muscle recovery through foam rolling soft tissue and mobility exercises.

**Spin:** A high-energy class designed to challenge both beginners and seasoned cyclists. Spin will challenge your endurance, build strength, and leave you feeling accomplished. With cues on form, breathing, and mindset to keep you motivated and moving forward—whether you're climbing a hill or sprinting to the finish. This class is for all 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.

**Full Body Circuit:** This circuit class will maximize calorie loss, keeping your heart rate up and burning more fat in less time. This circuit style training works the full body with the use of dumbbells, resistance bands, medicine balls, and body weight. Feel the burn in this 30-minute class!

**Mat Pilates:** A core-based workout that is designed to sculpt, strengthen, and stretch your body. The focus is on precision and quality, ensuring that each movement targets specific muscle groups to improve strength, flexibility, and alignment. Pilates is great for injury prevention, rehabilitation, and overall mobility, making it accessible to people of all ages and fitness levels.