

# YOGA CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:45am-55min</b> Yoga Basics (Silver Room) Instructor: Pamela	<b>7:30am-70min</b> Sunrise Yoga (Jade Rm.) Instructor: Carrie B.	<b>8am-70min</b> Yoga at the Wall (Jade Rm.) Instructor: Sue	<b>7:30am-70min</b> Sunrise Yoga (Jade Rm.) Instructor: Carrie B.	<b>10:20am-55min</b> Therapeutic Yoga (Jade Rm.) Instructor: D.L. Sweet	<b>8:45am-70min</b> Restorative Yoga (Jade Room) Instructor: Efrat P.	<b>9am-70min</b> Yin Yang Yoga (Jade Room) Instructor: Carrie B.
<b>10:05am-70min</b> Yoga Strength & Flex (Jade Rm.) Instructor: Sue	<b>8:50am-55min</b> Yoga Level I (Jade Rm.) Instructor: Efrat	<b>9:30am-55min</b> Restorative Yoga (Jade Rm.) Instructor: Lisa	<b>8:45am-55min</b> Deep Slow Stretch (Silver Room) Instructor: Pamela	<b>11:30am-70min</b> Yoga Strength & Flex (Jade Rm.) Instructor: Sue		
<b>11:15am-55min</b> Yoga Level II (Silver Room) Instructor: Cheryl	<b>10am-70min</b> Yoga Strength & Flex (Jade Rm.) Instructor: Sue	<b>2:30pm-55min</b> MS Yoga Class (Silver Rm.) Instructor: DL Sweet	<b>9:15am-55min</b> Yin Yoga (Jade Rm.) Instructor: Susan G.	<b>4:30pm-70min</b> Restorative Yoga (Silver Room) Instructor: Simone		
<b>5:45pm-70min</b> Sunset Yoga Blend (Jade Room) Instructor: Carrie B.	<b>11:20am-70min</b> Restorative Flow (Jade Rm.) Instructor: Pam	<b>6:45pm-55min</b> Restorative Yoga (Silver Rm.) Instructor: Pamela	<b>12pm-55min</b> Slow Flow (Jade Room) Instructor: Amy*	<b>4:45pm-70min</b> Sunset Yoga Blend (Jade Room) Instructor: Carrie B.		
	<b>4:45pm-70min</b> Vinyasa Yoga Level II (Jade Room) Instructor: Renee		<b>4:45pm-70min</b> Heart-Centered Yoga (Silver Room) Instructor: Sue			
	<b>5pm-70min</b> Restorative Yoga (Silver Room) Instructor: Carrie B.		<b>6pm-70min</b> Sunset Flow (Jade Rm.) Instructor: Carrie B.			

**\*Indicates new class or new instructor**  
Instructor and/or class may change without notice.

Updated 2-5-18

DROP-IN RATES	
Single—70min.	<b>\$16</b>
6 pack*	<b>\$15</b> (\$90/pack)
12 pack*	<b>\$14</b> (\$168/pack)
Single—55min	<b>\$10</b>
12 pack*	<b>\$9</b> (\$108/pack)

\* 6 Packs expire after 2 months. 12 Pack expires after 4 months.

**LOCATION**  
514 N. Prospect Ave.,  
2nd Floor  
Redondo Beach, CA 90277

**FITNESS CENTER HOURS**  
MON-THU, 5:30am-9pm  
FRI, 5:30am-8pm  
SAT-SUN, 7am-6pm

**CLUBHOUSE  
CHILDCARE HOURS**  
MON-THU, 8am-1pm, 4-8pm  
FRI-SUN, 8am-noon

**CONTACT**  
For more information on rates and class details, visit [beachcitiesgym.com](http://beachcitiesgym.com) or call 310.374.3426, x147.

# CLASS DESCRIPTIONS

## HATHA YOGA (L1/L2)

A gentle, basic yoga class with little flow between poses. This slow-paced stretching and core building class will include simple, deep breathing between postures. This is a great way to learn poses, relaxation techniques, and become comfortable with yoga. Suitable for all levels. 70 mins.

## HEART-CENTERED YOGA

Explore your practice as a heart-centered moving meditation in which the breath and body connect as one to purify the body and calm the mind while opening the spirit to its fullest and freest awareness of happiness. Asanas are modified to accommodate people of all levels. 70 mins.

## RESTORATIVE FLOW

Combine the best of Restorative Yoga, using props and other aids with the warm, rejuvenating pace of a flow class. This gently flowing practice will help relax and restore your body and mind, and will help to melt away your aches and pains. This class is suited to all abilities because poses (asana) may be modified as needed, with caring, individualized attention from your instructor. 55 mins.

## RESTORATIVE YOGA

Use of props and focused breathing practices to relax and rejuvenate. Gently improves flexibility and reduces stress. 70 mins.

## SLOW FLOW (L1/L2)

Use the breaks to slow life down a little while you flow smoothly through this gentler form of Vinyasa yoga. Focus on form and technique as you breathe and relax into the Asana to increase strength, flexibility, and develop a deeper connection between your physical and spiritual self. This class includes instruction on all the basics, so is suitable for all levels, but previous yoga experience is helpful to those looking to deepen their practice. 55 mins.

## SUNRISE YOGA

Start as you mean to go on by energizing your whole self in this mindful morning yoga class. Move gently through Asana (poses) designed to awaken your mind and stimulate your body. Practiced regularly, you will soon feel the physical and spiritual benefits of becoming stronger and more focused in your daily tasks. No caffeine needed for this class! 70 mins.

## SUNSET FLOW (L1/L2)

Flow smoothly through a series of invigorating Vinyasa sequences designed to recharge your batteries as day turns into night and the Sun makes room for the moon. The class includes instruction on all the basics of hatha yoga postures, sun salutations, standing poses, inversions, hip openers, backbends, forward bends & twists, in addition to meditation and breath work. Hone body awareness, stimulate the nervous system, and strengthen the heart and lungs while calming the mind and steadying the emotions in this holistic class. Modifications and variations are offered throughout to accommodate students of all levels. 70 mins.

## SUNSET YOGA BLEND

Relax as the evening draws in, with a peaceful blend of deep breath, relaxing stretches and revitalizing poses (Asana). This class combines elements of Yin, Kundalini, and Hatha yoga to leave you feeling relaxed, yet spiritually awakened. Suitable for all levels, as Asanas may be modified as needed. 70 mins.

## THERAPEUTIC YOGA

Both active and restorative postures to increase range of motion of joints and support a healthy back. 55 mins.

## VINYASA YOGA ALL LEVELS (L1/2)

Vinyasa, meaning "connection", is a style of yoga in which the Asana (poses) are synchronized with breath in smooth, flowing sequences. Offered at variable paces and with modifications to the poses, this class is an ideal introduction to a dynamic, athletic yoga discipline. First-timers are welcome, and experienced yogi will also benefit from focusing on form and technique in this diverse class. 70 mins.

## YIN YANG YOGA

A perfect balance of Yin (stretching) and Yang (strength) movements, this class caters both to those looking for enhanced mobility and to yogis looking to strengthen their practice. The Asanas are performed at a variety of paces and punctuated with thoughtful periods of restorative breathing and flexibility work to ensure a well-rounded practice for people of all abilities. 70 mins.

## YOGA BASICS

Designed with the newer yogi in mind, this class provides instruction on the fundamentals of yoga, including hatha yoga postures, sun salutations, standing poses, inversions, hip openers, backbends, forward bends & twists, in addition to meditation and breath work. The goal of this class is to help students perfect their practice without the pressure to "keep up" to a certain pace. New practitioners will develop body awareness to facilitate correct postural alignment through the Asana (poses), and they will learn how to connect breath with movements for a deeper spiritual involvement. This class is also available in a 65+ format for older adults seeking a gentle introduction to yoga. 55 mins.

## YOGA IN CHAIRS – MS YOGA CLASS

The **Multiple Sclerosis Foundation** sponsors this chair-based yoga practice by focusing on stretching, flexibility, meditation and mindful breathing. 55 min.

## YOGA ON THE WALL

This class is beneficial for all seeking to strengthen, align and restore the body. When using the wall, it provides a profound sense of support, boundaries and resistance that creates a unique yoga session. By entering into a posture with different tools, it supports you both mentally and physically in your practice. Your body learns new ways to deepen itself and breaks up habitual muscular memory;

while your mind is open to change, new perspective, and the ability to break up the mental restraints we put upon our self. Asanas are modified to accommodate individuals of all levels. 70 mins.

## YOGA STRENGTH & FLEX

Learn how to build and maintain a strong, yet supple body in this innovative class. You'll focus on Asana (poses) that enhance muscular strength and endurance, and joint stability, while also addressing tight, weak muscles. This is a great class for those looking to work on muscle tightness and imbalances due to previous injury, repetitive activities or poor posture. 70 mins.