



PRESENTED BY



A Beach Cities Health District Program



FREE FITNESS WEEKENDS



A Beach Cities Health District Program

CORE MOM



Feb. 9-11 | Mar. 9-11 | Apr. 13-15



Beach Cities Free Fitness Weekends is a partnership with local fitness studios to provide more opportunities for Beach Cities residents to be healthy and have fun!



Find 30+ FREE classes inside



bchd.org/freefitness

#sweatlocal



SPRING 2018

Saturday classes continued

FRIDAYS February 9, March 9, April 13

CLASS	LOCATION
Bionic Circuit 6 – 7 a.m.	Bionic Body 1244 Hermosa Ave. Hermosa Beach
G.I. Joe Beach Bootcamp 6 – 7 a.m.	G.I. Joe Beach Bootcamp End of Manhattan Beach Blvd. on the pier Manhattan Beach
Full Body HIIT 7 – 8 a.m., 4:30 – 5:30 p.m., 5:30 – 6:30 p.m.	S.E.L.F. Fitness South Bay 1603 Aviation Blvd., #15 Redondo Beach
Poise Signature 8:45 – 9:45 a.m.	Poise Fitness 428 Pacific Coast Hwy. Hermosa Beach
Beastie Boxing 9 – 10 a.m.	Beastie LLC 2317 N. Sepulveda Blvd. Manhattan Beach
Bionic Yoga Flow 9 – 10 a.m.	Bionic Body 1244 Hermosa Ave. Hermosa Beach
Full Body Strength and Conditioning 9 – 10 a.m.	South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach
Vinyasa Flow 9 – 10 a.m.	S.E.L.F. Zen South Bay 1603 Aviation Blvd., #7 Redondo Beach
Hatha Yoga + Aromatherapy 12:30 – 1:25 p.m.	SoulFitness LA 1209 S. Pacific Coast Hwy. Redondo Beach
Barre Burn 4:30 – 5:30 p.m.	Center for Health & Fitness 514 N. Prospect Ave., 2nd Floor Redondo Beach
Spinning 5 p.m.	Yoga Cycle 2015 Manhattan Beach Blvd., #110 Redondo Beach
Kundalini Yoga 5:15 – 6:15 p.m.	S.E.L.F. Zen South Bay 1603 Aviation Blvd., #7 Redondo Beach
Zumba 6:30 – 7:30 p.m.	Center for Health & Fitness 514 N. Prospect Ave., 2nd Floor Redondo Beach
Hustle/Disco 6:45 – 7:30 p.m.	Fred Astaire Dance Studio of Redondo Beach 1650 S. Pacific Coast Hwy., # 110, Redondo Beach

SATURDAYS February 10, March 10, April 14

CLASS	LOCATION
Gentle Yoga 7:30 – 8:30 a.m.	Soul Fitness LA 1209 S. Pacific Coast Hwy. Redondo Beach
Kangoo Blast Class 8 – 9 a.m.	Kangoo Blast 14th and the Strand Hermosa Beach
Allegiate Strength 8 – 9 a.m.	Allegiate 1421 Aviation Blvd. Redondo Beach
Vinyasa Flow 8:30 – 9:30 a.m.	Yoga Cycle 2015 Manhattan Beach Blvd., #110 Redondo Beach

CoreMom Small Group Fitness 8:30 – 9:30 a.m.	CoreMom at AdventurePlex 1701 Marine Ave. Manhattan Beach
Full Body Strength and Conditioning 9 – 10 a.m.	South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach
Kids Yoga on the Beach with Breathe & Learn 9 – 10 a.m.	Breathe & Learn Hermosa Beach Pier, 1 Hermosa Ave. Hermosa Beach
Pound 10 – 11 a.m.	Shine Studio 730 S. Pacific Coast Hwy., # 105 Redondo Beach
Yin/Yang/Yin 10:30 – 11:45 a.m.	Beach Cities Yoga 936 Hermosa Ave., #105 Hermosa Beach
Body Barre 11 a.m. – Noon	Barre Hub 1300 S. Pacific Coast Hwy., #101 Redondo Beach
Barre Fitness Noon – 1 p.m.	Dance 1 2228 Artesia Blvd. Redondo Beach
Melt HIIT Noon – 12:50 p.m.	Melt Rx Fit 531 N. Pacific Coast Hwy. Redondo Beach
Vinyasa Flow 4 – 5 p.m.	SoulFitness LA 1209 S. Pacific Coast Hwy. Redondo Beach

SUNDAYS February 11, March 11, April 15

CLASS	LOCATION
Flow Yoga 8:30 a.m.	Yoga Cycle 2015 Manhattan Beach Blvd., #110 Redondo Beach
Yin & Yang Yoga 9 – 10 a.m.	Center for Health & Fitness 514 N. Prospect Ave., 2nd Floor Redondo Beach
Full Body Strength and Conditioning 9 – 10 a.m.	South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach
Small Group Personal Training 9 – 10 a.m.	Amp Personal Training at South Bay Performance Fitness 2101 Artesia Blvd. Redondo Beach
Sweat & Flow 9 – 10 a.m.	Allomi 1612 S. Catalina Ave. Redondo Beach
Self Defense Using Brazilian Jiu-Jitsu 10 – 11 a.m.	South Bay Jiu-Jitsu 325 Pacific Coast Hwy. Hermosa Beach
Kids and Parents Family Yoga 4 – 5 p.m.	SoulFitness LA 1209 S. Pacific Coast Hwy. Redondo Beach
Vinyasa Flow 5 – 6 p.m.	SoulFitness LA 1209 S. Pacific Coast Hwy. Redondo Beach

* Schedule as of January 23

CLASS TYPES

Strength/Cardio	Yoga/ Pilates	Barre/Dance
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Visit bchd.org/freefitness for the complete schedule. Some classes require pre-registration, others are available on a first come, first served basis.