

GROUP FITNESS CLASSES

Effective 3-1-2010

MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 8:55 a.m. Core Board Instructor: Lois	7 - 7:45 a.m. Circuit Instructor: Jeff	8 - 8:55 a.m. 50+ Aerobics Instructor: Mark	7 - 7:45 a.m. Circuit Instructor: Jeff	8:45 - 9:45 a.m. SilverSlippers Instructor: Shahnaz	8 - 8:55 a.m. Circuit Instructor: Stephanie	8 - 8:55 a.m. Core Board Instructor: Sheila
9 - 10 a.m. <i>Group X</i> Rep Reebok Instructor: Lois	7:30 - 8 a.m. <i>Wellness Rm</i> Kettlebell† Instructor: Mat	8:30 - 9:45 a.m. SilverSlippers Instructor: Jamie	8 - 8:55 a.m. Cyclin' Instructor: Robert	9 - 9:55 a.m. Low & Sculpt Instructor: Gina/Stephanie	9 - 10 a.m. Power Cycle Instructor: Samantha	9 - 9:55 a.m. Step II Instructor: Danielle
10 - 10:55 a.m. Stretching Instructor: Lois	8 - 8:55 a.m. Cyclin' Instructor: Robert	9 - 9:55 a.m. Core Board Instructor: Robin/Lois	9 - 9:55 a.m. 50+ Aerobics Instructor: Mark	10 - 10:55 a.m. Stretching Instructor: Gina/Stephanie	10:30 - 11:30 a.m. 50+ Aerobics Instructor: Katy	10 - 10:55 a.m. Cyclin' Instructor: Lara
10 - 11 a.m. <i>Wellness Rm</i> Arthritis Fdn. Exercise Class (PACE) Instructor: Anne	9 - 9:55 a.m. 50+ Aerobics Instructor: Lois	10 - 10:55 a.m. Stretch/Foam Roll Instructor: Lois/Robin	10 - 10:30 a.m. Stretching Instructor: Mark	10 - 11 a.m. <i>Wellness Rm</i> Arthritis Fdn. Exercise Class (PACE) Instructor: Anne		11 - 11:30 p.m. <i>Jade Rm</i> Foam Roller Instructor: Lara
11 - 11:55 a.m. Body Sculpt Instructor: Lisa	10 - 10:30 a.m. Stretching Instructor: Lois	11 - 11:55 a.m. Body Sculpt Instructor: Lara	10:15 - 11:15 a.m. <i>Wellness Rm</i> Belly Dancing Instructor: Shahnaz	11 - 11:55 a.m. Body Sculpt Instructor: Lisa		11 - 11:55 a.m. Body Sculpt Instructor: Allison Ho
Noon - 1 p.m. 20/20/20* (cycle, core, stretch) Instructor: Lisa	11 - 11:55 a.m. Ballet Fusion Instructor: Samia	11 a.m. - noon <i>Wellness Rm</i> Arthritis Fdn. Exercise Class (PACE) Instructor: Cheryl	Noon - 12:55 p.m. Cyclin' Instructor: Lisa/Robin	Noon - 12:55 p.m. <i>Wellness Rm</i> Hatha Yoga – Level I Instructor: Janet		
12:15 - 1:15 p.m. SilverSlippers Instructor: Shahnaz	Noon - 12:55 p.m. Cyclin' Instructor: Lara	Noon - 1 p.m. 20/20/20* (cycle, core, stretch) Instructor: Lisa	Noon - 1 p.m. <i>Pilates Mat Rm</i> Tai Chi for Arthritis Instructor: Marc	12:15 - 1:10 p.m. Circuit Instructor: Rachel		
4 - 4:55 p.m. 50+ Aerobics Instructor: Katy	5:45 - 6:45 p.m. <i>Wellness Rm</i> Feldenkrais: Align the Spine Instructor: Joy	4 - 4:55 p.m. Core Stability* Instructor: Danielle	4 - 4:55 p.m. 50+ Aerobics/Ball Instructor: Katy	5 - 5:55 p.m. Body Sculpt Instructor: Stephanie		
5 - 5:55 p.m. Core Stability* Instructor: Michelle	6 - 6:55 p.m. Cyclin' Instructor: Robert	5 - 5:55 p.m. Cycle/Sculpt Instructor: Michelle	6 - 7 p.m. Power Cycle Instructor: Fred			
6 - 6:15 p.m. Crunch Instructor: Omar	7 - 7:55 p.m. Stretching Instructor: Katy	5 - 5:55 p.m. Turbo Treadmill Instructor: Rachel	7 - 8 p.m. Beg. Ballroom & Swing Instructor: Angela			
6 - 6:55 p.m. Zumba®* Instructor: Samia		6 - 6:15 p.m. Crunch Instructor: Omar	7:15 - 8:30 p.m. <i>Mat Rm</i> Tai Chi Instructor: Marc			
7 - 7:55 p.m. Power Cycle Instructor: Lois		6 - 6:55 p.m. Body Sculpt Instructor: Mary	8 - 9 p.m. Adv. Ballroom & Swing Instructor: Angela			
		7 - 7:55 p.m. Zumba®* Instructor: Samia				

KEY: Time | Location | * new class | ** new teacher | **fee-based class:** \$3 for members, \$12 for non-gym members

HOURS: Mon. - Thu. 5:30 a.m. - 9 p.m., Fri. 5:30 a.m. - 8 p.m., Sat. & Sun. 7 a.m. - 4 p.m. 310-374-3426, ext. 147

Sign-up is required for all Cyclin' and Core Board classes. Instructor and/or class may change without notice. Check out our group fitness schedule online beachcitiesgym.org.