



GROUP EXERCISE CLASS SCHEDULE - ALSO ON APP

(STARTING JANUARY 15, 2024)

		M	T	W	TH	F	S	SN
AM	9:00						KICKBOXING	
	9:30		YOGA		YOGA			
	10:00							
PM	6:00	SPIN & STRETCH						
	7:00	YOGA	SPIN & STRETCH	CYCLE	YOGA			
	8:00		YOGA	YOGA				
		KICKBOXING		KICKBOXING				

CYCLE (CYCLE ROOM) – Bike to the beat in this heart pumping, non-stop, music driven cycle class. You'll take on intervals, rolling hills, sprints, climbs, surges and jumps. Tap into your strength, your power and your mindset during this cardio strong ride.

KICKBOXING (MMA AREA) - Starts with a cardio warm-up as instructors teach the basic moves that will be performed in each class. Classes end with cool-down moves and stretching designed to build endurance and strength, keeping the muscles flexible, strong, and healthy. Participants will work with a partner for the bulk of the class and techniques taught and practiced include kicks, punches, elbows, knees, clenching, sweeps, and self-defense strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility. This class will develop your body and mind while having FUN and is perfect for anyone looking to get in a great workout or desire to take it to the next level!

(Required: 10-16oz Boxing Gloves. Shin Guards and Mouthguard recommended but not required.)

SPIN & STRETCH (CYCLE ROOM) – This is a half hour spin class set to get your heart rate up and get you sweating! You'll take on intervals, rolling hills, sprints, climbs, surges, and jumps – all the benefits of a 1-hour class in half the time! The ride will be followed by a 30-minute purpose driven stretching session to help increase your range of motion, improve movement quality and reduce risk of injury!! The perfect combination to help you reach your fitness goals!

YOGA (YOGA STUDIO) - This is a powerful Vinyasa style of practice. You can expect a mixture of strong, creative flow, static postures, and drill sequencing that will lift your heart rate, build strength, and enhance mobility. Linking breath to movement, this class is taught in a "heated studio" which makes it a vigorous and revitalizing form of yoga where you'll be guaranteed to work up a sweat! **(Required: Yoga Mats.)**

TOWELS REQUIRED

DOWNLOAD OUR FREE APP TODAY!



5001 W. El Segundo Blvd.
Hawthorne, CA 90250
T. 310.978.1800
www.coast-fitness.com

