

BOEING Seal Beach Fitness



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:45 a.m.	Cycle		Cycle		Cycle
11:45 - 12:30	Cycle	Cycle	Cycle	Cycle	Cycle
11:45 - 12:30	CrossFit 11:30-12:30	Sculpt	Cardio Circuit	ZUMBA	Cardio Circuit
4:00 - 4:30		Xpress Fitness		Xpress Fitness	
4:30 - 5:30	Yoga		Pilates		Cycle 4-5 on Fridays
5:00 - 6:00	Cycle	15/30/15	Cycle	Step & Sculpt	
			Yoga (5:30-6:30)		

(562) 797-3612

boeingsealbeachfitnesscenter.com

2010 Group Exercise Schedule

Class Description

Cardio/Circuit– Move from one activity to another performing fun cardio activities to upbeat music that will get your heart & muscles pumped.

CrossFit–The principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Cycle– Join the high energy pack as they simulate riding on real road racing bikes to great music. Spin Cycling is a stationary biking, kick-in-the-pants workout for all fitness levels that will get you fit fast!

Dance 4 Fitness– Join this easy to follow, dance inspired workout alternative that strengthens your "core" muscles while using basic dance movements. This full body cardio conditioning workout works the entire body. You'll have so much fun you won't realize your working out.

Pilates– Pilates teaches balance and control of the body through movements designed to improve strength and flexibility, increase lung capacity and circulation and develop both muscular and mental coordination.

Sculpt– A complete head-to-toe workout using dumbbells, elastic tubes, balls, steps and stability balls to improve muscular strength, endurance and balance. Suitable for all levels.

Yoga– Through deep breathing and meditation, basic yoga postures, and gentle movement, you will develop strength and flexibility, release stress, and nurture your body's mind and spirit. Suitable for all fitness levels.

15/30/15– The first fifteen minutes is dedicated to warming up the muscles followed by thirty minutes of moderate to advanced step aerobics that is easy to follow. Moves are not complicated to maximum exercise benefit. The final fifteen minutes target the cool down of the body's muscles; exercises are taken directly from top fitness magazines, such as Men's Health and Shape.

Xpress Fitness– A 30 minute non-stop, full body work-out routine that will get you moving from head to toe