

Try one of these
FREE fitness classes!



FREE FITNESS WEEKENDS

Sep. 11-13
Oct. 9-11
Nov. 13-15

30+ FREE classes **25** partner studios

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!

FRIDAYS	
September 11, October 9, November 13	
CLASS	STUDIO
H.I.I.T. (High-Intensity Interval Training)	S.E.L.F. Fitness South Bay
Spinning®	Studio Pulse
Salsa Dancing	Fred Astaire Dance Studio
Intro to Crossfit	CrossFit Horsepower
DEFINE	Barre 105
SUP Yoga	Paddle House
Paddle Fit with Core	Paddle House
Whole Body Strength and Conditioning	South Bay Performance Fitness
Yoga	YogaCycle

SATURDAYS	
September 12, October 10, November 14	
CLASS	STUDIO
Beach Yoga	Keep Breathing Yoga
Indoor Cycling	YogaCycle
Whole Body Strength and Conditioning	South Bay Performance Fitness
Kangoo Blast	Kangoo Club South Bay
TRX	YogaCycle
Vinyasa Flow (All levels)	Guru's Gate Yoga
Poise Signature	Poise Fitness
Power Vinyasa Flow	Green Yogi
Rebound and Sculpt	HIP Studio
Jumping® Fitness	Jumping® Fitness

SUNDAYS	
September 13, October 11, November 15	
CLASS	STUDIO
Metabolic Conditioning	Amp Fitness Personal Training
YOGI-ABS	Amanzone Fitness
Indoor Cycling	FitOn Studios
Self-Defense using Jiu Jitsu	South Bay Jiu Jitsu
Yoga for Kids	Yoga Buddies
Spinning®	Studio Pulse
Core Essential Pilates Reformer	CoeDynamics
Tae Bo® Fitness	Redondo Beach Tae Bo® Fitness
Zumba Toning	Center for Health and Fitness



Register at beachcitiesgym.org/ffw

514 N. Prospect Ave., 2nd Floor, Redondo Beach, CA 90277 • 310-374-3426, x147 • www.beachcitiesgym.com