

Exercise & Fitness

Effective October 1, 2014, the non-resident registration fee is 20% of the class fee (\$15 minimum).

Youth

KID FIT (8 to 14 Years)

Not all kids play sports - but ALL kids need to exercise. This high-energy workout combines cardiovascular/resistance training and functional training in a fun, motivational environment. Kids and teens never get bored and the originality of each workout keeps them excited about participating. All of the movements are taught safely and effectively under close supervision. We vary our workouts, so any child of any fitness level can participate. Class Min 5.

Location: Clubhouse

Instructor: Tammy Boesch

Cost is \$100 for 10-weeks.

14753 Tu 1/13-3/17 5-6 pm

Adult

Tai-Chi Ch'uan (12 Years +)

Come and enjoy the benefits of this slow, graceful, relaxing, rhythmic exercise. Tai-Chi is used to promote good health in both young and old, strong and weak. Advanced class requires instructor's approval. Class Min 5.

Location: Joslyn Center

Instructor: Richard Goodman

Beginner

Cost is \$66 for 11-weeks.

14815 Th 1/15-3/26 12-1 pm

Beginner & Advanced

Cost is \$176 for 11-weeks.

14817 Th 1/15-3/26 12-2:30 pm

Advanced

Cost is \$110 for 11-weeks.

14819 Th 1/15-3/26 1-2:30 pm

Zumba Fitness! (16 Years +)

If you are looking to workout, lose weight, and have fun at the same time...then ZUMBA® Fitness is the class for you! This class is very informal, no dance background is necessary. We don't do any complicated choreographies. Go at your own pace. New students are always welcome, even when the session has already started! Please wear tennis shoes and bring water and a towel. Info: www.zumbafitnessfun.webs.com. Class Min 5.

Location: Clubhouse

Instructor: Carolina Acosta

Cost is \$45 for 7-weeks.

14781 W 2/4-3/18 7-8 pm

Booty Barre (18+ Years)

A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. And get this... you don't even need any dance experience and you certainly don't need a partner! The Booty Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast. Please bring a mat, towel and bottled water. Class Min 3.

Location: Athletic Grace Dance Studio

Instructor: Athletic Grace Dance Studio Staff

Cost is \$60 for 6-weeks.

14778 M 1/5-2/9 7-8 pm

14784 Tu 1/6-2/24 10:05 am-11:05 pm

“ I think a basic level of fitness can help the body cope with all manner of incidents. – Richard Hammond

50-Minute Fitness (18 Years +)

Formerly known as Muscle Strengthening, this high intensity low impact cardio class is open to intermediate fitness levels and those looking for a challenge. This class incorporates light weights (up to 5lbs), challenging core work, stabilization and back exercises to complete this well rounded workout. Bring your own set of two hand weights. You may register for once per week or three times per week. This class is not recommended for individuals needing mobility assistance, please see instructor if you have concerns regarding your ability to participate in the course. Class Min 5.

Location: Joslyn Center

Instructor: Randy Okuda

Cost is \$40 for 8-weeks.

14827 M 1/5-2/23 10-10:55 am

14828 W 1/7-2/25 10-10:55 am

14829 F 1/9-2/27 9-9:55 am

14831 M 3/9-4/27 10-10:55 am

14832 W 3/11-4/29 10-10:55 am

14833 F 3/13-5/1 9-9:55 am

Cost is \$88 for 8-weeks.

14830 M, W, F 1/5-2/27 10-10:55 am

14834 M, W, F 3/9-5/1 10-10:55 am

Mat Pilates (18 Years +)

Mat Pilates uses a series of precise movements with an emphasis on diaphragmatic breathing to strengthen your core. The pilates method promotes uniform development of the body. This allows weaker muscles to develop instead of the body continuously relying on the stronger muscles to do the work. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Pilates focuses on the core muscles first, in a sense, working the body from the inside out. This achieves and maintains a balanced aligned body. Class Min 5.

Location: Clubhouse

Instructor: Tammy Boesch

Cost is \$60 for 6-weeks.

14747 Tu 1/6-2/10 11 am-12 pm

14748 Th 1/8-2/12 11 am-12 pm

14749 Tu 2/17-3/24 11 am-12 pm

14750 Th 2/19-3/26 11 am-12 pm

Pilates (18 Years +)

Come and see what all the fuss is about. From rock stars to Wimbledon champs and Laker stars, Pilates is now main-stream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-based mat class is appropriate for all fitness levels to improve posture, muscle tone and strength, while leaving you feeling renewed, regenerated and energized. Please bring a towel to put on your mat which is provided. Class Min 8.

Location: Joslyn Center

Instructor: Victoria Samia

Cost is \$100 for 10-weeks.

14814 W 1/7-3/11 6-6:50 pm

Social Butterflies Run Club (18 Years +)

This running club is for those who want to train for a 5K, 10 K, Half Marathon or Full Marathon in a supportive environment. Training includes a run/walk program, individual attention, yoga, Pilates as well as a strength and stretching program. This club is geared towards beginning and advanced runners and features speed work, trail runs and boot camp days. Participants should bring water, mat and running shoes. This program is catered towards women, but men are also welcome! Class Min 6.

Location: Library Park

Instructor: Michele Wilkoff

Cost is \$240 for 12-weeks.

15044 Sa 1/10-3/28 7-8:30 am

High Intensity Interval Training (HIIT) (18 Years +)

Come join us for this tough, athletic boot camp style workout class that will help you burn more fat and calories than other styles of training. HIIT Boot Camp will focus on all kinds of training including steady state, interval, Tabata and other high intensity intervals. This is one class that will leave you breathless and strong while working on core and flexibility as well. This class is suitable for all fitness levels and can be modified to fit anyone's current state of fitness. Class Min 6.

Location: Recreation Park

Instructor: Michele Wilkoff

Cost is \$120 for 12-weeks.

15049 Tu 1/6-3/24 6-7 am

15050 Th 1/8-3/26 6-7 am

Cost is \$210 for 12-weeks.

15048 Tu, Th 1/6-3/26 6-7 am



Stroller Circuit/Morning Workout (18 Years +)

This class is designed to effectively burn fat and build muscle while you make lasting friendships in our wonderful park environment. The class is so much fun that you barely notice the calories you are burning. This 1 hour class utilizes the hills, benches and steps of the park together with weights and resistance tubing. Babies/preschoolers ride along with us in their strollers. We begin at the corner of Eucalyptus and Pine and end up in the play park. Create your own workout any offered day combination of 2 per week for the price of \$140. Class Min 5.

Location: Recreation Park

Instructor: Victoria Samia

Cost is \$100 for 10-weeks.

14835 M 1/5-3/9 9:30-10:30 am

14836 Tu 1/6-3/10 9:30-10:30 am

14837 Th 1/8-3/12 9:30-10:30 am

Cost is \$140 for 10-weeks.

14838 Tu, Th 1/6-3/12 9:30-10:30 am

Beach Striders (18 Years +)

Beach Striders is a FREE program available to all El Segundo Residents. Beginning January 2015 all El Segundo residents must have a valid 2015 Recreation ID Card to participate. We meet at the parking lot above the Joslyn Center every Monday, Wednesday and Friday at 8:30am & 10:00am. The Dial-A-Ride shuttle will take the striders down to the Strand in Manhattan Beach and return them to Joslyn Center after their walk. All fitness levels and mobilities are encouraged to join this fun group and get out and enjoy a walk at the beach. Children under the age of 18 may participate if accompanied by an adult.

Location: Joslyn Center

15130 M, W, F 1/5-4/3 8:30am-9:45am

15131 M, W, F 1/5-4/3 10:00am-11:15am

Dance & Stretch/Easy Exercise (50 Years +)

Music and movement bring this fitness class to life; classes are geared for older adults to help relieve stress and improve muscle tone. Enjoy increased energy through gentle stretching and low-impact aerobic dancing. All fitness levels welcome. You may register for once or twice per week. No classes held 2/10 & 2/12. Class Min 3.

Location: Joslyn Center

Instructor: Angie Mandl

Cost is \$20 for 11-weeks.

14808 Tu 1/6-3/17 9-9:50 am

14809 Th 1/8-3/19 9-9:50 am

Cost is \$40 for 11-weeks.

14810 Tu, T 1/6-3/19 9-9:50 am

Arthritis Foundation Exercise Program (50 Years+)

The Arthritis Foundation Exercise Program is a nationally recognized program that has been shown to improve joint flexibility, balance and coordination, while building muscle strength and increasing endurance. All fitness levels welcome in this recreational group exercise program. Exercises may be completed both seated and standing. Weights and therabands are used. Class meets twice weekly. Class Min 5.

Location: Joslyn Center

Instructor: Victoria Johnson

Cost is \$48 for 12-weeks.

14826 M, W 1/5-3/25 11:15 am-12:15 pm

Stretch & Flow (50 Years +)

This gentle yoga class incorporates deep breathing, gradual stretching and a shoulder massage at the end of class. During class you may use a chair, the wall or a yoga mat which make this class accessible to everyone. Yoga helps you remain healthy and active and you will notice that your body and mind will feel relaxed and focused after each class. Class Min 6.

Location: Joslyn Center

Instructor: Katie Bressack

Cost is \$100 for 10-weeks.

14821 W 1/21-3/25 9am-10am

Lunchtime Yoga (18 Years +)

Give yourself a yoga break in the middle of your day! This gentle, yet invigorating 45-minute class combines breath awareness and gentle flowing yoga poses. A great way to unwind and relax to get through the rest of your day. This is a mixed level class. Please bring your own yoga mat or you may borrow one from the Park. Class Min 5.

Location: Clubhouse

Instructor: Tammy Boesch

Cost is \$84 for 12-weeks.

14751 Tu 1/6-3/24 12:15-1 pm

14752 Th 1/8-3/26 12:15-1 pm

Yoga (18 Years +)

Designed to increase body flexibility and work on stress relief techniques. Class Min 5.

Location: Joslyn Center

Instructor: Victoria Elia

Cost is \$100 for 10-weeks.

14822 M 1/5-3/9 6-7:15 pm

14823 M 1/5-3/9 7:30-8:45 pm

14824 Th 1/8-3/12 6-7:15 pm

14825 Th 1/8-3/12 7:30-8:45 pm



Season runs
February
til late May.

Lacrosse Spring 2015

K-12, boys and girls
Beginners welcome.

Teams forming now.
Questions?

brooks.roscoe@gmail.com