

**Youth**

**Parents and Me Stretch Fun! (18 Months to 3 Years)**

Students will learn basic yoga and dance style stretches in a way that engages the child through creativity and exercises the adult. The class features simple partner stunts and exercises that make our adults sweat and our little ones giggle, as well as fun music and props such as beanbags or stuffed animals. This is a partner class, equally designed for child and adult, interacting together.

**Location:** Clubhouse, Auditorium

**Instructor:** Michelle Reese

Cost is \$100/\$125 for Non-Resident for 9 classes  
**M 9/9-11/4 11:45-12:15pm**

**Adult**

**50-Minute Fitness PRICE REDUCED - ROLL BACK TO 2018!!!**

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 give you a well-rounded workout. Bring your own set of two hand weights. 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. No Class 11/22 - 11/29**

**Location:** Joslyn Center, Social Hall

**Instructor:** Victoria Samia

Cost is \$35/\$43.75 for Non-Residents for 7 classes.

**Session 1**

**M 9/09- 10/21 10:00-10:50 am**  
**W 9/11- 10/23 10:00-10:50 am**  
**F 9/13- 10/25 10:00-10:50 am NOTE TIME CHANGE**

**Session 2**

**M 10/28-12/16 10:00-10:50 am**  
**W 10/30-12/18 10:00-10:50 am**  
**F 11/01-12/20 10:00-10:50 am NOTE TIME CHANGE**

**ABS//CARDIO XPRESS (NEW CLASS NEW DURATION)**

Get in, get it done and get on with your day! This 35-minute core training class packs a punch. Work your abs from many angles in fast and effective way utilizing both mat and standing work. It is tough but it is quick! This class is aimed at those looking to amp up their fitness routine. FRIDAY WILL INCORPORATE MORE CARDIO/FAT BURNING FOR AN INTENSE FULL BODY WORKOUT. Class Min 5.

**No Class 11/22 - 11/29**

**Location:** Joslyn Center, Social Hall

**Instructor:** Victoria Samia

Cost is \$77/\$96.25 for Non-Residents for 14 classes.

**M 9/09- 12/16 9:20-9:55 am**  
**W 9/11- 12/18 9:20-9:55 am**  
**F 9/13- 12/20 9:20-9:55 am**

**Arthritis Foundation Fitness**

The Arthritis Foundation Exercise Program improves joint flexibility, while building muscle strength using therabands and weights! Balance and coordination exercises are also part of the program. Stretching and low impact aerobics are done. Class Min 5.

**Location:** Joslyn Center, Social Hall

**Instructor:** Victoria Mendez

Cost is \$65/\$81.25 for Non-Residents for 18 classes.  
**M,W 9/9-11/6 11:15am-12:15pm**

**Pilates with Props!! (15 Years +)**

From rock stars to Wimbledon champs and Laker stars, Pilates is now mainstream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-mat class is appropriate for all fitness levels. Class benefits include improving 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 5. No Class 11/26, 11/27, 11/28**

**Instructor:** Victoria Samia

**Location:** Joslyn Center, Social Hall

(Thursdays in the Multi-Purpose Room)

Cost is \$119/\$148.75 for Non-Residents for 14 classes.

**Tu 9/10-12/16 10:30-11:30am**  
**Th 9/11-12/19 10:30-11:30am**  
**W 9/12-12/18 6:00-6:50pm**  
**W 9/12-12/18 7:00-7:50 pm**

**Stroller Circuit**

Do you need more energy? Looking to tone up and trim down? This class has been revamped to include both ladies with and without strollers. Exercises are designed to effectively burn fat and build muscle in a challenging and fun way. Utilizing the park environment, this class is so much fun that you barely notice the calories you are burning! Get fit exercising throughout Recreation Park and using weights and resistance tubing. Bring your babies/preschoolers along for the ride in their strollers. Wear comfortable workout clothes and meet at the corner of Eucalyptus and Pine. Class Min 5.

**No Class 11/25 - 11/29**

**Location:** Recreation Park

**Instructor:** Victoria Samia

Cost is \$112/\$140 for Non-Residents for 14 classes

**Tu 9/10-12/17 9:30-10:20 am**  
**Th 9/5-12/19 9:30-10:20 am**



**Strong By Zumba (15 Years +)**

Perfect for fitness enthusiasts and students looking for a more challenging, high intensity interval training workout. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. What to bring: Mat, bottled water, and towel. Please wear workout gear and athletic shoes. Please visit athleticgrace.com or call 310-414-9630 for more information. Class Min 4. **No Class 11/31.**

**Location:** Athletic Grace Dance Studio - 113 West Grand Avenue in El Segundo

**Instructor:** Athletic Grace Dance Studio Staff

Cost is \$126/\$157.50 for Non-Residents for 9 classes.  
**Th 9/5-11/7 6:30-7:30 pm**

**Tai-Chi Ch'uan**

Come and enjoy the benefits of this slow, graceful, relaxing, rhythmic exercise. Tai-Chi is used to promote good health in the young and old, the strong and the weak. Special class requires instructor's approval. Class Min 5. **No Class 9/26.**

**Location:** Joslyn Center, Social Hall

**Instructor:** Richard Goodman

**Beginner:** Students work on overall stretching, flexibility, balance and coordination by learning the basics.

Cost is \$88/\$110 for Non-Residents for 11 classes.

**Th 9/5-11/21 11:00-12:00pm**

**Intermediate:** Cost is \$66/82.50 for Non-Residents for 11 classes.

**Th 9/5-11/21 12:00-1:00pm**

**Special:** Students build on the basic foundations and further increase their physical strength, awareness, and concentration levels—promoting stillness within themselves.

Cost is \$110/\$137.50 for Non-Residents for 11 classes.

**Th 9/5-11/21 1:00-2:30pm**

**Intermediate & Special:** Cost is \$176/\$220 for Non-Residents for 11 classes.

**Th 9/5-11/21 12:00-2:30pm**

**Yoga (15 Years +)**

Traditional Yoga classes offering a balanced system for bringing better health, flexibility and peace into your life. Class focus is on stretching, deep breathing and relaxation, which brings mind and body into harmony. Classes are mixed level making them perfect for beginner and advanced practitioner as well. Class Min 5. **No Class 11/11, 11/25, 11/28.**

**Location:** Joslyn Center, Social Hall

**Instructor:** Victoria Elia

Cost is \$132/\$165 Non-Resident for 11 classes.

**M 9/16-12/9 7:00-8:15pm**  
**Th 9/19-12/5 6:30-7:45pm**

**Zumba® (15 + Years)**

Zumba® classes feature exotic dance rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. Classes meet at Athletic Grace Dance Studio located at 113 West Grand Avenue in El Segundo. Please visit athleticgrace.com or call 310-414-9630 for more information. Class Min 4.

**Location:** Athletic Grace Dance Studio-113 West Grand Avenue in El Segundo

**Instructor:** Athletic Grace Dance Studio Staff

Cost is \$126/\$157.50 Non-Residents for 9 classes.

**M 9/9-11/4 9:00-10:00am**

**Zumba® Gold Toning (50 Years+)**

The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. Please wear workout gear and athletic shoes. Classes meet at Athletic Grace Dance Studio located at 113 West Grand Avenue in El Segundo. Please visit athleticgrace.com or call 310-414-9630 for more information. Class Min 4/Max 10

**Location:** Athletic Grace Dance Studio - 113 West Grand Avenue in El Segundo

**Instructor:** Athletic Grace Dance Studio Staff

Cost is \$140/\$175 for Non-Residents for 10 classes.

**W 9/4-11/6 10:00-11:00am**

**OPEN GYM**

**9AM-12PM • EVERY SUNDAY • FREE**

**EL SEGUNDO HIGH SCHOOL SOUTH GYM**

Sundays are for shooting hoops! From 9am - 12pm the El Segundo High School South Gym is open to former El Segundo High Students and El Segundo Residents with a current REC ID Card. Come out to play some pick-up games or just shoot around.

For more information please call (310) 524-2700