



Events/ Workshops

Sound Bath Meditation - Fri 9/14, 7:30-9p
 A short Yin Yoga session overlapped with an acoustic sound performance to relax the body, clear and calm the mind. Gongs, crystal singing bowls, Tibetan bowls, and other instruments are used to create a vibrational experience.

Gear Swap Garage Sale - 9/16, 9-11a
 Now's the time to clean out your cabinets and offload your old junk for cash! Post up at the long table and trade or sell climbing gear, appliances, clothing, housewares, whatever you think you can get a buck for! Pricing labels provided.

WOMAN UP CLIMBING FESTIVAL - SEPT 22ND AND 23RD

Saturday (competition):
 9a-12p Womxn's open level competition*
 11a-4p Womxn's citizen's competition* (all levels and ages, register online)
 4-6p Raffle
 6p Finals*
 After finals, gym open to public until 12a

Sunday (clinics, panel, keynote):
 10a-3p Clinics (register in advance)
 4-6p Panel discussion*
 6-7p Beth Rodden keynote*
 7-10p Climbing open to public

*Saturday spectating, Sunday panel, and Sunday keynote open to all

	MON	TUE	WED	THU	FRI	SAT	SUN
	FITNESS SCHEDULE REPEATS WEEKLY	Vinyasa Flow 6:45a	Hatha Flow 6:45a	Core Flow 6:45a	Anusara 6:45a	1 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	2 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p
	Anusara 12-1p (NEW!) Acro Yoga 6:45-8:15p Stretch Fit 8:30p	Vinyasa Flow 12:15p TRX 6p Yoga Basics 7:15p Mixed-Level 8:30p	Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Thai Massage 8:30-9:45	TRX 11:15a Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	Power Vinyasa Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p		Restore+Flow 5:45p
	3 Open 9a-7p No Fitness Classes	4	5	6	7	8	9
	10 Basic Technique 7p	11 Queer Crush 7-8p	12	13	14 Sound Bath Meditation 7:30-9p	15 Lead 1, 6-8p	16 Gear swap garage sale 9a-11a Lead 2, 6-8p
	17	18	19	20	21 College Day	22 Woman Up Climbing Competition Climbing open to the public 8p-12a	23 Woman Up Clinics, Panel, and Keynote Climbing open to the public 8p-10p
	24	25 Queer Crush 7-8p	26 #WCW 7-8p	27	28 Guest Day	29	30

Intro Classes (FREE for members)

Intro to Climbing (Belay)
 Mon, Fri 6p, 7:30p
 Tues, Wed 12:30p, 6p, 7:30p
 Thur 12:30p, 7:30p
 Sat, Sun 10:30a, 1p, 3p

Intro to Bouldering
 Thurs 6p, Sat 12p

Climbing Clinics & Meetups

Lead 1 - Sat 8/11, 6p **Lead 2 - Sun 8/12, 6p**
Basic Technique - Mon 9/10 AND 9/17, 7p
Woman Crusher Wednesday - (FREE) 9/26, 7p
Queer Crush - (FREE) Tues 9/11, Tues 9/25, 7p

Info

M/W/F: 6:30am-10pm
 T/Th: 6:30am-11pm
 S/S: 9am-7pm
 2537 S FAIRFAX AVE
 CULVER CITY, CA 90232
 424.543.3820
 ci_staff@touchstoneclimbing.com
www.TOUCHSTONECLIMBING.com

Mondays

Anusara w/ Phoebe - Incorporate philosophical themes into physical movements that help you work through physical and energetic blocks. Leave ready to conquer your day.

Acro Yoga w/ Sarah, Sonia, and Casey - Combine yoga, acrobatics, and Thai massage to create supported versions of traditional yoga poses and build strength. All levels, no partner needed.

Stretch Fit w/ Lauren - Combine, gymnastics, yoga, pilates, and calisthenics to improve body posture, balance, agility, flexibility, and coordination.

Tuesdays

Vinyasa Flow w/ Kayla - A visceral vinyasa creates a sanctuary of rhythmic experience with intention to welcome the cycles of creation, preservation and destruction.

Vinyasa Flow w/ Brianna - Improve core strength, balance, and flexibility. Emphasis on fluid transition links the practitioners' breath with the movement building up to an advanced apex posture, and releases with deep stretching.

Yoga Basics w/ Marco - A beginner's level sequence that will break down the postures to ensure you are moving safely while building strength & restoratively stretching.

Mixed-levels Hatha w/ Marco - A mixed-level practice focused on a sequence that targets the balance of strength & flexibility to prepare the body for intro arm balances and inversions.

TRX w/ Eddie - Build a rock solid core, enhance flexibility, and improve grip strength using gravity and your own body weight in this intense full-body workout.

Wednesdays

Hatha Flow w/ Taylor - Combine traditional yoga poses in a fun and awakening sequence to kick start your day! Be prepared to smile, sweat, and stretch!

Hard Core w/ Taylor - Focus on functional core exercises to improve core strength and general mobility. Incorporate calisthenics, HIIT, barre, and yoga to build strength and flexibility.

Cardio Core w/ Taylor - Build strength, enhance your endurance, and get that heart rate up in this core-focused, bodyweight/ HIIT/ calisthenics class.

Vinyasa Flow w/ Taylor - emphasizing breath, energy and movement to build strength and flexibility while increasing endurance. Fun flows, inversions, arm balances, and more

Thai Massage w/ Sarah, Sonia, and Casey - Learn how to properly give and receive Thai Massage. Come alone and be paired up, or come with a partner.

Thursdays

Core Flow w/ Taylor - A serious blend of yoga and core work in an invigorating vinyasa flow. Focus is on core strength with powerful variations of classic poses.

TRX w/ Jonathan - Build a rock solid core, enhance flexibility, and improve grip strength using gravity and your own body weight in this intense workout

Balance Flow w/ Taylor - Properly engage your core to find better balance on your feet, hands, and maybe even head! Start with a strong vinyasa flow to warm up and end with a workshop-style breakdown of a more challenging poses.

Vinyasa Flow w/ Brianna - This invigorating and strengthening yoga practice gives you the climbing advantage by improving core strength, balance, & flexibility.

Fridays

Anusara w/ Phoebe - Strengthen and stretch the body, mind, and spirit. Become more balanced and fully aware of your body and push your limits. All levels

Power Vinyasa Flow w/ Brianna - Fluid transitions link breath with body through a sequence that builds up to an advanced apex posture and releases with deep stretching.

Vinyasa Flow w/ Brianna - This invigorating and strengthening yoga practice gives you the climbing advantage by improving core strength, balance, & flexibility.

Yin Yoga w/ Brianna - Gain flexibility for technical moves, maintain mobility while recovering from injury, alleviate soreness from training. All levels, restorative.

Saturdays

Vinyasa Flow w/ Jonathan - Fire up your core strength as you practice proper posture alignment, flow through demanding yoga sequences, and build heat from within by connecting breath to movement.

Hip Hop Dance w/ Jonathan - Work up a sweat to great music for a pure cardio workout with user-friendly choreography!

Sundays

Pilates w/ Meredith - Take your climbing to the next level with mat Pilates! Engage the whole body to increase core strength, flexibility, coordination and balance while decreasing stress.

Headstands & Handstands w/ Peppa - Shoulder stands, headstands, forearm stands and handstands! This class focuses on proper technique and conditioning drills to get you a controlled flow into and out of your invert. Beginner to Advanced.

Shoulder Opening & Conditioning w/ Peppa - A combo of mobility, flexibility, and strength training for shoulders, wrists, back, core and hamstrings with a focus on shoulder opening. Great for tight climbing shoulders!

Restore+Flow w/ Cassandra - Flow into relaxation! Begin with movement to warm the body and complete with longer holds and deep stretches to restore and de-stress.