



Events/ Workshops

Blood Drive - Thur 10/4, 4-10p
 Help save up to three lives! Register online at redcrossblood.org, sponsor code "cliffsofid"

Movement and Meditation Workshop w/ Fania - Sat 10/20, 3:15-5:15p
 Students will be guided through short sequences that can be practiced anywhere to warm up, loosen, and cool the body down. Alignment cues and varying "food-for-thought topics" are discussed as we dive into the mind space of the yoga practice. The experience concludes with a guided meditation designed to shift your perspective while providing an approachable cornerstone to begin or recommit to a meditation practice. The final 30 mins of the class is open to exploration through continued meditation followed by further sharing.

Halloween Guest Day - Climb in Costume! - Fri 10/26 all day
 When Halloween is on a Wednesday, chaos ensues. Do you celebrate the Friday before? The Friday after? Who knows! This year we're making it easy for you by officially putting our Halloween celebration on GUEST DAY! Bring a friend, bring a costume, and climb to Werewolf Bar Mitzvah and Monster Mash for free!

	MON	TUE	WED	THU	FRI	SAT	SUN
	1 FITNESS SCHEDULE REPEATS WEEKLY Anusara 12-1p	2 Vinyasa Flow 6:45a Vinyasa Flow 12:15p	3 Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Acro Yoga 8:30-945	4 Core Flow 6:45a TRX 11:15p Blood Drive 4-10p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	5 Anusara 6:45a Power Vinyasa Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p	6 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	7 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
	8	9 Queer Crush 7-8p Ask a PT 7:30-9p	10	11	12	13	14
	15	16	17 #WCW 7-8p	18	19 College Day	20 Movement & Meditation 3:15-5:15p Lead 1, 6-8p	21 Lead 2, 6-8p
	22 Basic Technique 7p	23 Queer Crush 7-8p	24 #WCW 7-8p	25	26 Guest Day CLIMB IN COSTUME!	27	28 REI Rappelling 4-6p
	29	30	31				

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

Lead 1 - Sat 10/20, 6p **Lead 2 - Sun 10/22, 6p**
Basic Technique - Mon 10/22, 7p
Rappelling w/ REI - Sun 10/28, 4-6p
Anchors w/ REI - Wed 10/17, 7-9:30p

Meetups:
Woman Crusher Wednesday - 10/17, 10/24, 7p
Queer Crush - Tues 10/9, Tues 10/23, 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/ 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.

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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

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.

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.