



## Events/ Workshops

### Self Massage and Stretch Workshop Fri 12/7, 7:15-9:15p

Learn specific routines to care for your feet, hips, low back, and shoulders with a versatile, simple to use, and easy to carry massage tool. The routines will be paired with stretches that target these areas of your body. Learn to use your body as a tool towards pain relief and healing.

### Hip + Shoulder Opening Workshop - Sat 12/15, 4:30-6:30p

Dig into two of the biggest tension houses in the body to increase your mobility, agility, balance and athletic potential

### Fitness & Funk Workshop - Fri 12/14, 7:15-9:15p

1st hour- Fitness: This segment focuses on functional core exercises to improve core strength and general mobility. You'll use your own body weight with calisthenic based exercises as well as some HIIT training and yoga to build strength and flexibility.

2nd hour- Funk: Get ready to move and groove to the hottest tunes with easy to follow and beginner-friendly choreography!

**FITNESS SCHEDULE  
REPEATS WEEKLY**

	MON	TUE	WED	THU	FRI	SAT	SUN
	Vinyasa Flow 6:45a Anusara 12-1p Acro Yoga 6:45-8:15p Stretch Fit 8:30p	Vinyasa Flow 6:45a Power Vinyasa Flow 12:15-1:30p TRX 6p Power Vinyasa Flow 7:15p Hatha Yoga 8:30p	Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Acro Yoga 8:30-9:45	Core Flow 6:45a TRX 11:15p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	Anusara 6:45a Power Vinyasa Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p	1 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p Lead 1, 6-8p	2 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p Lead 2, 6-8p
	3	4	5	6	7 Self Massage + Stretch Workshop 7:15-9:15p	8	9
	10 Basic Technique 7p	11 Queer Crush 7-8p	12 #WCW 7-8p	13	14 Fitness & Funk Workshop 7:15-9:15p	15 Hip + Shoulder Opening Workshop 4:30-6:30p	16 CLOSING AT 6PM
	17 Lead 1, 7-9p	18 Queer Crush 7-8p	19 #WCW 7-8p Lead 2, 7-9p	20	21 College Day	22	23
	24 Open 9a-6p No fitness classes	25 CLOSED	26 Open 10a-10p No fitness classes	27	28 Guest Day	29	30
	31 Open 9a-6p No fitness classes	JAN 1					

## 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 12/1, 6p, Mon 12/17, 7p  
Lead 2 - Sun 12/2, 6p, Wed 12/19, 7p  
Basic Technique - Mon 12/10, 7p

## Meetups:

Woman Crusher Wednesday - 12/12, 12/19, 7p  
Queer Crush - 11/2/11, 12/18, 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](http://www.TOUCHSTONECLIMBING.com)

## Mondays

**Vinyasa Flow w/ Taylor S.** - Energize your body and bring awareness to your mind. A slow warm up leads into a breath-to-movement flow, all while focusing on your core. Strengthen your muscles while improving flexibility and balance. All levels

**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** - Fluid transitions link breath with body through a sequence that builds up to an advanced apex posture and releases with deep stretching.

**Power Vinyasa Flow w/ Brianna** - An emphasis on fluid transition links the practitioner's breath with the movement in their body through a new sequence every week that culminates with the release of deep stretching.

**Power Vinyasa Flow w/ Sam Reyes** - Deepen your connection to mind and body, build core strength and balance, and end with restorative poses to target the muscle groups you used throughout class. A grounded, yet light-hearted practice..

**Haha Yoga w/ Riki** - Focus on awareness and connecting the breath and body. Begin class with a short meditation accompanied by Tibetan singing bowls and move through a series of poses to build and release.

**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 Z-** 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 Z** - 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** - Fluid transitions link breath with body through a sequence that builds up to an advanced apex posture and releases with deep stretching.

## 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** - TAn emphasis on fluid transition links the practitioner's breath with the movement in their body through a new sequence every week that culminates with the release of deep stretching.

**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.

**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.