



## Events/ Workshops

### Arm Balance and Inversions Workshop Sat 2/9, 2-4p

Join Lauren for an in-depth and insightful exploration of commonly practiced inversions for ALL experience levels. This two hour workshop will focus on the step by step action of each inverted posture and safely build your strength to advance your personal practice.

### Ask a Physical Therapist - Tues 2/12, 7:30-9p

Exactly what it sounds like!

### Thai Massage Workshop - Fri 2/15, 7:15-9:15p

Celebrate Valentine's Day with Thai Massage and share the gift of touch. It's fun, it's simple and it feels great! We will guide you through giving and receiving massage and leave you grounded and replenished. Bring a friend or meet one there, and come a few minutes early to arrange your Thai mat station.

### Self Massage and Stretch Workshop Fri 2/22, 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

	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>FITNESS SCHEDULE REPEATS WEEKLY</b>	Vinyasa Flow 6:45a Power Vinyasa Flow 12:15-1:30p TRX 6p <b>Deep Flow 7:15p</b> 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 Balance Flow 6p TRX 7:15p <b>NinjaFlex 8:30p</b>	<b>1</b> Hatha Flow 7:15a Power Vinyasa Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p	<b>2</b> Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	<b>3</b> Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
	4	5	6	7	8	9 Inversions Workshop 2-4p	10
	11 Queer Crush 7-8p Basic Technique 7p	12 Ask a PT 7:30-9p	13	14 Anchors Clinic 7p	15 College Day Thai Massage 7:15-9:15p	16	17
	18	19 Vertigals 6-7p	20	21	22 Guest Day Self Massage 7:15-9:15p	23 Lead 1, 6-8p	24 Lead 2, 6-8p
	25 Queer Crush 7-8p	26	27	28 Anchors Clinic 7p			<b>NEW classes added!</b> Check online calendar for cancellations, additions, and subs

## Climbing Clinics

**Lead 1** - Sat 2/23, 6p

**Lead 2** - Sun 2/24, 6p

**Basic Technique** - Mon 2/11 or 2/18, 7p

**Anchors w/ REI** - Thurs 2/14 or 2/28, 7p

## Meetups:

**Vertigals** - 2/19, 6p

**Queer Crush** - 2/11, 2/25, 7p

## 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

## Info

M/W/F: 6:30am-10pm  
T/Th: 6:30am-11pm  
S/S: 9am-7pm

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## 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

**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.

**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.

**Deep Flow w/ Rachel** - Explore various peak poses to strengthen and stretch the body. Each class breaks down these poses, along with proper modifications. Improve breath, balance, and concentration. All levels

**Hatha 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.

## 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.

**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.

**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

**NinjaFlex w/ Eddie** - Burn fat and carve a solid core while increasing strength, endurance, and mobility! Full body bootcamp workouts you can do anywhere, but they're more fun with us!!!

## Fridays

**Hatha Flow w/ Brianna** - 45 minutes of mindful movement with focus on alignment and breath within static postures. Movement and flow between poses. All levels.

**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.

**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.