



## Events/ Workshops

### Off the Wall Beta - Fri 10/4, 7:15-9:15p

An intentional warm-up can increase performance and prevent injury. Learn to prepare the body for climbing using asana from the yoga practice along with mobility and engagement techniques, all inspired by and connected to climbing movement.

### Patagonia Pop-Up— Thurs 10/10, 6-8p

Patagonia will be on site making small repairs to your gear such as patching small tears or holes, fixing zipper pulls, and replacing snaps.

### Therapeutic Acro Yoga Workshop - Fri 10/11, 7:15-9:15p

Learn to unlock health and vitality through Acro Yoga flying, Thai massage, and partner yoga. Use gravity to amplify healing potential as you cultivate touch, communication and listening skills.

### Balanced Breath, Balanced Body Workshop w/ Dr. Dom Fraboni - Fri 10/25, 7:15-9:15p

Use breath exercises to promote optimal mechanics, nervous system control, increased rib mobility, lung capacity, and much more. Bring awareness to the places for which you compensate and the areas in which you may have restrictions.

MON	TUES	WED	THUR	FRI	SAT	SUN
Vinyasa Flow 7:15a Team Touchstone 4p Acro Yoga 6:45-8:15p Stretch Fit 8:30p Team 9:40-10:30p	Vinyasa Flow 7a Pwr. Vin. Flow 12:15p Team Touchstone 4p TRX 6p Deep Flow 7:15p Hatha Yoga 8:30p	Power Yoga 7:15a Power Plyo 12p Team Touchstone 4p Cardio Core 6p Vinyasa Flow 7:15p Power Yoga 8:30	Core Flow 6:45a Team Touchstone 4p Balance Flow 6p TRX 7:15p NinjaFlex 8:30p	45min Flow 7:15a Power Vin. Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p	Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	Pilates 11a Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p

Check online calendar for subs and cancellations.

	1	2	3	4	5	6
				Off the Wall Beta 7:15-9:15p	Lead Climbing 6-8p	
7	8	9	10	11	12	13
		Vertigals 7p	Patagonia Pop-up 6-8p Anchors w/ REI 7-9:30p	Therapeutic Acro 7:15-9:15p		
14	15	16	17	18	19	20
	Level Up 7-8:30p Climb w/ a Setter 7-8:30p			College Day	Pushing Limits on Lead 2-5p	Lead Climbing 6-8p
21	22	23	24	25	26	27
Queer Crush 7p	Level Up 7-8:30p Vertigals 7p		Climb w/ a Setter 7-8:30p Getting Outside w/ REI 7-9:30p	Guest Day Balanced Body 7:15-9:15p		
28	29	30	31			
			Halloween! Climb in Costume!			Electronics recycling available during the LAST week of the month. Check online calendar for dates

## Climbing Clinics (pre-registration required)

**Lead Climbing** - Sa/Su 5th&6th or Sa/Su 19&20th, 6-8p

**Level Up w/ Kelly Birch** - Tues 15th&22nd, 7-8:30p

**Getting Outside w/ REI** - Thurs 10/24, 7pm (indoors) AND Saturday 10/26, 7:30a (outdoors)

**Anchors w/ REI** - Thur 10/10, 7-9:30p

**Climb w/ a Setter** - Tues 10/15 or 10/22, 7p

**Pushing Limits on Lead** - 10/19, 2-5p

## Meetups (FREE, pre-registration required)

**Vertigals** - Tues 10/9, Wed 10/22, 7p

**Queer Crush** - Mon 10/21, 7p

## Intro Classes

(FREE for members, pre-registration required)

### 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-TH: 6:30am-11pm

F: 6:30am-10pm

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

**Power Plyo w/ Forrest** - Gain balance and dynamic movement in your legs, increase your endurance, and power up your core in this HIIT inspired class.

**Acro Yoga w/ Sarah + Greg** - 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/ Gavi** - 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 W** - 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

**Power Yoga w/ Rachel R** - All-levels vinyasa flow class linking breath to movement. Creative sequencing will lead you through a strong practice of exploring new poses with a sweet cool-down

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

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

**Power Yoga w/ Sam R** - All-levels vinyasa flow class linking breath to movement. Creative sequencing will lead you through a strong practice of exploring new poses with a sweet cool-down.

## 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

**45-min Flow w/ Taylor S** - 45 Minutes of mindful movement to jumpstart your day. An all levels vinyasa yoga class.

**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.