

Better than Bootcamp

Work out by doing all the conventional 'Bootcamp' exercises and more, under the watchful eye of an advanced healthcare professional. Experience Long Beach's premiere 5:30am workout and be in the company of the most motivated fitness enthusiasts!

M-F 5:30am, MWF 5:30pm, Sat/Sun 7am

Kin-1 Rm. 88 - \$50 Monthly Instructor: Dave

www.PredatorTrainingSystems.com

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www.csulb.edu/clubsports

CROSS TRAIN

Heavy Ropes, C2 Rowers, Kettlebells, Sport Bands, and Medicine Balls. Experience an incredible workout while learning the fundamentals of the latest and most effective functional training equipment. This cross training class thrives on variety so workouts are rarely ever the same.

www.livesimplyfitness.com

TTh F 12pm or TTh F 5:30pm
Kin-1 Rm. 88/East Gym

Instructor: Franklin

2x wk \$35 / 3x wk \$40 Monthly

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DEEP WATER AEROBICS

Deep Water Aerobics is a Fitness class that focuses on non-weight bearing exercise in which Rotation cuffs are used to aid in the fast-paced workout. This is ideal for people of all skill levels and ages.

M/W/F 12:00 - 1:00pm , M/Th 6:30 - 7:30pm

Sat 8:00 - 9:00am Location: Pool Instructor: Dave

\$45 - Monthly (Faculty & Students)

\$50 - Community Members

\$10 - Per Individual Class

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Shallow Water Aerobics

Shallow water aerobics is a full-body workout without getting your hair wet!
Participants must feel comfortable in water.

Tu/Th 12:00 - 1:00pm **Location: Pool**

Instructor: Denise

\$20 - Monthly (Faculty & Students)

\$5 - Daily

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Polynesian Dance

Polynesian dance workout from Hawaii, New Zealand, and Tahiti. Open to both men and women. No experience necessary. Barefoot and casual attire.

Fri 5:00 - 6:00pm

Location: PE - 93

\$20 - 6 week session **Starts Friday Feb. 10th**

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ROWfit

This is a rowing based circuit class geared to improve overall power, strength, and endurance in an impact-free workout, and a great way to strengthen your core for athletic performance. Rowfit combines C2 Rowers with a variety of other tools to create intense and effective interval routines.

MW 12pm, 6:30pm, Sat 8am

Kin-1 Rm. 88 - \$40 Monthly

www.livesimplyfitness.com

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Stretch & Relax

Stretch and Relax is a fitness class offered through the Club Sports & Recreation Department. Increase flexibility, create balance and relaxation, alleviate stress and tension.

Wed 12:10 - 12:50pm **Location: KIN 64**

Instructor: Lisa

\$20 - 6 week session **Starts Wed. Feb 8th**

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Hatha Yoga

Hatha yoga's combined focus on mindfulness, breathing and physical movements brings health benefits with regular participation. Yoga participants report better sleep, increased energy levels and muscle tone, relief from muscle pain and stiffness, improved circulation and overall better general health.

Th 5:30 - 6:45pm **Location: KIN 64**

Instructor: Lisa

\$40 - 6 week session **Starts Thurs. Feb. 9th**

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PILATES

Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility, and strengthen the body from the inside out.

Monday 12:00 - 1:00pm

\$25 - Monthly

Location: KIN 64

Instructor: Denise

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capoeira

Capoeira is a Brazilian Martial art form developed by the African Slaves in Brazil over 400 years ago. It combines the potency of a martial art, the fluidity and expressiveness of dance, the soul-calling power of music, the wit and playfulness of clever games, and the challenge of the acrobatics into one beautiful art form.

Monday 7:00 - 9:00pm OR Location: KIN 93

Friday 5:00 - 7:00pm OR 7:00 - 9:00pm

6 week session: \$30 Community

\$25 Students

Instructor: C. Mestre Xara

www.cdolongbeach.com

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