



505 Main Street, El Segundo, CA 90245
 (424) 290 – 3171
 www.elsegundoathleticclub.com



We exist to change lives – The El Segundo Athletic Club was created to constantly challenge and lead our members to achieve the highest level of sustainable fitness they can reach. We provide a safe, comfortable, and inspiring hometown environment to help members progress towards their goals.

We believe fitness and quality nutrition are the keys to a healthy lifestyle - If a person wants to maintain a high quality of living throughout their life, then they need to participate in a challenging fitness program several times per week and eat a well-balanced diet. You can't out train a bad diet. Strength, cardio, and flexibility training, combined with healthy food choices lead to sustainable health and fitness over time.



HOURS Monday – Friday 5am to 9pm
 Weekends 7am to 4pm

SILVER - ANNUAL	GOLD - ANNUAL	SILVER - MONTHLY	GOLD - MONTHLY	BOOTCAMP
1 Year Contract	1 Year Contract	No Contract	No Contract	No Contract
Club - ALL Access				
Group Classes				
Spin Not Included	Spin Included	Spin Not Included	Spin Included	Spin Included
All Amenity Access				
All Days/Hours				
\$49/Month	\$69/Month	\$69/Month	\$89/Month	\$109/Month

10% Discount - Active Duty Military & Law Enforcement
 10% Discount - Annual Membership Paid In Full
 Individual Enrollment Fee \$99
 Family Enrollment Fee \$149
 Annual Amenity Fee \$19
 Family: \$29/mo second adult; \$19/mo under 18

MEMBER SERVICES

- Premium Strength & Cardio Equipment
- Group Fitness Classes
- Locker rooms and showers
- Personal Trainers (Complimentary Fitness Assessment w/ membership)



Group Fitness Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
BOOTCAMP* 6:00 to 6:50 am	BOOT CAMP* 6:00 to 6:50 am	BOOTCAMP* 6:00 to 6:50 am	BOOT CAMP* 6:00 to 6:50 am	BOOTCAMP* 6:00 to 6:50 am		
BOOT CAMP* 7:00 to 7:50 am		BOOT CAMP* 7:00 to 7:50 am	BARRE 7:00 to 7:50 am	BOOT CAMP* 7:00 to 7:50 am	SPIN* 7:00 to 7:50 am	
YOGA 8:00 to 8:55 am	CORE CIRCUIT 8:00 to 8:55 am	YOGA 8:00 to 8:55 am	CORE CIRCUIT 8:00 to 8:55 am	YOGA 8:00 to 8:55 am	YOGA 8:00 to 8:55 am	
TOTAL BODY CONDITIONING 9:00 to 9:55 am		TOTAL BODY CONDITIONING 9:00 to 9:55 am		TOTAL BODY CONDITIONING 9:00 to 9:55 am	BOOT CAMP (all ESAC members) 9:00 to 9:55 am	SPIN* 9:00 to 9:50 am
	ZUMBA 10:00 to 10:50 am		ZUMBA 10:00 to 10:50 am		ZUMBA 10:00 to 10:50 am	
BOOT CAMP* 5:00 to 5:50 pm	BOOT CAMP* 5:00 to 5:50 pm	BOOT CAMP* 5:00 to 5:50 pm	BOOT CAMP* 5:00 to 5:50 pm	ZUMBA 5:00 to 5:50 pm		
MAT PILATES 6:00 to 6:50 pm	KICK BOXING 6:00 to 6:50 pm	MAT PILATES 6:00 to 6:50 pm	KICK BOXING 6:00 to 6:50 pm		BARRE 11:00 to 11:55 am	
SPIN* 7:00 to 7:50 pm	YOGA 7:00 to 7:55 pm	SPIN* 7:00 to 7:50 pm	YOGA 7:00 to 7:55 pm			

CLASS DESCRIPTIONS

BODY SCULPT BARRE

Achieve the body you aspire to with this new and fun approach to fitness. Each class combines Mat Pilates, ballet barre techniques using resistance, balance and stretching exercises with fresh choreography to improve your strength and lean out your physique, while helping posture and flexibility.

CORE CIRCUIT

This high intensity workout involves multiple strength-training stations including push-ups, resistance band exercises, running, bender ball crunches, TRX row training and more. Each member rotates between stations every minute and every third station includes high intensity cardiovascular training. We finish the class with abdominal core work and stretching.

KICKBOXING

Kickboxing blends athletic drills with martial arts to create an intense cardiovascular workout. This total body workout involves combinations of punches and kicks repeated multiple times to ensure mastery. Class concludes with a 3-5 minute cool-down.

MAT PILATES

Strengthen and tone your body's core muscles through targeted exercises. Mat Pilates challenges you to focus on specific muscle groups, and, with practice, you will build tremendous core strength. Strong core muscles support the spine, reduce back pain, add an amazing new depth to yoga practice, and are an integral component of athletic performance and every day balance. No Pilates experience is necessary.

TOTAL BODY CONDITIONING

Rev your metabolism by working major muscle groups and stabilizers. This strength-based class will increase your strength and muscular endurance while focusing on correct technique/form for each exercise. This class is designed to help you progressively increase weights and/or repetitions.

YOGA

Explore a wide variety of yoga poses in this general practice class. Classes focus on breath work, proper form in the asanas (poses), and on building strength and flexibility.

ZUMBA

Fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration

Premium Classes:

BOOT CAMP

This program will make you sweat and take your physical conditioning to the next level. Each class features an intense workout that includes dynamic body-weight exercises, free weights, plyometrics, cardio bursts, and core training. Speak to a staff member to sign-up for your first month of Boot Camp.

SPIN

This high-energy stationary bike workout enhances cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. Our instructors vary programming to include endurance, hill-climbing, interval, and strength rides to provide maximum fitness results. This high-calorie burning class is included with a Gold Membership or for a drop-in fee of \$15 per class.