

EXERCISE CLASSES

Health Education Department
PANORAMA CITY

Class	Description	Day	Time
Pilates	A class that helps with flexibility, makes bones and muscles stronger, and your body leaner. <i>A mat and two resistance bands are needed.</i>	Tuesday	5:30 PM
Tai Chi Fitness	A gentle aerobic activity that improves balance, heart health, strength and flexibility, all while reducing stress. <i>Two resistance bands are needed.</i>	Tuesday (Chair Fitness)	2:30 PM
		Tuesday	4:00 PM
		Thursday (Chair Fitness)	2:30 PM
Yoga	Improves flexibility, circulation, balance, and muscle strength all while reducing stress. <i>A mat is needed.</i>	Monday (Beginner)	5:30 PM
		Monday (Prenatal)	6:45 PM
		Tuesday (Beginner)	11:00 AM
		Tuesday (Chair Fitness)	12:30 PM
		Wednesday (Restorative, mat)	5:30 PM
		Wednesday (Spanish)	6:45 PM
Thursday (Intermediate)	11:00 AM 5:30 PM		
Dance & Pilates	A fun aerobic activity that introduces Zumba and other dance movements to burn fat and improve heart health. Pilates improves overall strength and flexibility. <i>A mat and two resistance bands are needed. Wear comfortable athletic shoes.</i>	Thursday	5:30 PM
Fitness Combo	An introduction to exercise that combines the benefits of Pilates, Tai Chi, Yoga and Dance movements. <i>A mat and two resistance bands are needed. Wear comfortable athletic shoes.</i>	One class: \$9.00 Dates are subject to change. 3/31, 5/28 8/25, 10/20 12/15, 12/17	5:30 PM

6-week sessions (60 minutes each) Cost: **\$54.00** Members **\$78.00** Non-members

Call to register for specific dates:

Panorama City (818) 375-3018

Santa Clarita (661) 222-2100

Mission Hills (818) 837-2300

EXERCISE CLASSES

Health Education Department
SANTA CLARITA and MISSION HILLS

Class	Description	Day	Time
Tai Chi Fitness (Santa Clarita)	A gentle aerobic activity that improves balance, heart health, strength and flexibility, all while reducing stress. <i>Two resistance bands are needed.</i>	Wednesday	4:00 PM
Yoga/Pilates (Santa Clarita)	Improves flexibility, circulation, balance and makes your muscles stronger for a leaner look all while reducing stress. <i>A mat and two fitness bands are needed.</i>	Wednesday	5:30 PM
NEW! Yoga/Pilates (Mission Hills)	Improves flexibility, circulation, balance and makes your muscles stronger for a leaner look all while reducing stress. <i>A mat and two fitness bands are needed.</i>	Monday	5:30 PM

6-week sessions (60 minutes each) **Cost: \$54.00** Members **\$78.00** Non-members

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Exercise products are sold in Panorama City, Santa Clarita and Mission Hills:

- Pedometers (Step Counter)
- Fitness DVD/Videos
- Weights,
- Yoga Mats,
- Relaxation CD's,
- Exercise Tubing and Bands
- Stability Balls