

# EXERCISE CLASSES

Health Education Department  
PANORAMA CITY

Class	Description	Day	Time
<b>Pilates</b>	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
<b>Tai Chi Fitness</b>	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
<b>Yoga</b>	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
		Thursday (Beginner, #1) (Intermediate, #2)	9:45 AM, #1 11:00 AM, #1 5:30 PM, #2
<b>Dance &amp; Pilates</b>	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
<b>Fitness Combo</b>	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. 3/22, 6/2, 8/23, 9/8, 10/13, 11/22	5:30 PM

**6-week sessions** (60 minutes each)    **Cost: \$54.00** Members    Call to register!

**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
<b>Tai Chi Fitness</b> (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
<b>Yoga/Pilates</b> (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
<b>NEW! Yoga/Pilates</b> (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 (Chair Fitness)  Monday (Intermediate)	4:00 PM  5:30 PM

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

Call to register for specific dates:

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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