

CLASSES AT KAISER PERMANENTE FREE & OPEN TO THE COMMUNITY



Yoga

Wednesday
5:30pm—6:30pm

KP South Bay Medical Center
25825 S. Vermont
Harbor City, CA 90710
Lakeside Lawn (Between Coastline and
South Hospital)

- Bring your own yoga mat or borrow one of ours
- Feel free to take your own pace

Zumba

Tuesdays
5:15pm—6:15pm

Carson Medical Offices
18600 S. Figueroa St.
Gardena, CA 90248
(Near the North Elevators)

Thursdays
5:30pm—6:30pm

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Center 25825 S. Vermont
Harbor City, CA 90710
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(Between Coastline and
South Hospital)

