



Kaiser Permanente Yoga and Zumba Classes

Free and open to the community

ZUMBA:

Tuesdays 5:15 p.m.- 6:15 p.m.

Carson Medical Offices

18600 S. Figueroa St., Gardena

(Near the North Elevators)

Thursdays: 5:30 p.m.-6:30 p.m.

Kaiser Permanente South Bay Medical
Center 25825 S Vermont Ave., Harbor City

Lakeside Lawn

(Between Coastline and South Hospital)

YOGA:

Wednesdays 5:30 p.m.- 6:30 p.m.

Kaiser Permanente South Bay Medical Center

25825 S. Vermont Ave., Harbor City

Lakeside Lawn (Between Coastline Building
and South Hospital)

*Bring your own yoga mat or
borrow one of ours*