



Exercise Classes

Panorama City Medical Center

Health Education Department

Call for specific dates

(818) 375-3018

Pilates – 6 weeks \$54 Tuesday 5:30PM – 6:30PM

Emphasizing muscle development of a strong core: abdominals, back, buttocks and thighs. Improve total fitness while using exercise bands to tone your muscles, increase bone density and cool-down with Yoga stretches for a leaner look. Mat and 2 fitness bands needed.

Tai Chi Fitness – 6 weeks \$54 Tuesday 2:30PM – 3:30PM (Chair/Fitness), 4:PM – 5:PM Thursday 2:30PM – 3:30PM (Chair/Fitness)

A calming workout combining slow movements and deep breathing, that focus on healing and rejuvenation, improving balance, coordination, circulation and cardiovascular conditioning. Relieve stress and increase the flow of energy throughout your body! Some exercises are done sitting in a chair to aid in joint flexibility and muscle strength. Safe for beginners, conditions like Arthritis and those recovering from injury. Fitness band is needed.

Yoga – 6 weeks \$54 Monday, Wednesday, Thursday 5:30PM – 6:30PM

Tuesday & Thursday 11:AM – 12:PM; Tuesday 12:30PM – 1:30PM (Chair/Yoga)

An ancient Indian practice, combining safe and gentle physical postures, light movements, breathing and meditation. You will tone up and improve your circulation. Ask about the many different types of Yoga classes we offer! A mat is needed.

Prenatal Yoga – 6 weeks \$54 Monday & Thursday 6:45PM – 7:45PM

Stretches and breathing exercises to support outer life, mommy and the inner life, baby, for a balanced state.

Dance Exercise (combined with Pilates) – 6 weeks \$54 Thursday 5:30PM – 6:30PM

Fun class! An introduction to various forms of dance movements including Latin dancing, Zumba and belly-dancing with some kick-boxing and low-impact aerobics for fat-burning! The addition of Pilates strengthens the core and muscles of the body; Yoga stretches make this a total workout! Mat and 2 fitness bands are needed. Wear flexible athletic shoes.

Yoga and Tai Chi classes are also available in Santa Clarita

(661) 222-2100