BCHD Center for Health & Fitness
A Public Agency
A Beach Cities Health District Program

SPRING YOGA CLASSES

CLASSES BEGIN 3-29-10 (No class Easter Sun. & Memorial Day) **MARCH 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m. Hatha Yoga Level I (Wellness Rm.) Instructor: Manuela	7:30 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Pamela	5:30 a.m. Hatha Yoga Level I (Wellness Room) Instructor: Veronica	7:30 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Pamela	9:15 a.m. Intro to Yoga for Seniors (Jade Rm.) Instructor: Avra	8:50 a.m. Restorative Yoga (Wellness Rm.) Instructor: Pamela	9 a.m. Kundalini Yoga (Jade Rm.) Instructor: Kamala
8:45 a.m. Intro to Yoga for Seniors (Wellness Rm.) Instructor: Pamela	8:45 a.m. Intro to Yoga for Seniors (Wellness Rm.) Instructor: Shahnaz	7:45 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Sue	8:45 a.m. Deep Slow Stretch (Wellness Rm.) Instructor: Pamela	10:20 a.m. Therapeutic Yoga for Seniors (Jade Rm.) Instructor: Lisa	9 a.m. Yoga Flow (Jade Rm.) Instructor: Betty	12:45 p.m. Therapeutic Yoga Flow (Jade Rm.) Instructor: Umeko
8:50 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Kamala	8:45 a.m. Deep Slow Stretch (Jade Rm.) Instructor: Pamela	9:30 a.m. Yoga for Seniors (Wellness Rm.) Instructor: Avra	9:15 a.m. Yin Yoga for Seniors (Jade Rm.) Instructor: Via	11:30 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Sue	10:15 a.m. Hatha Yoga Level I (Mat Rm.) Instructor: Jenny	
10:05 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Sue	10 a.m. Yoga for Seniors Level II (Wellness Rm.) Instructor: Avra	9:45 a.m. Yoga Tune-Up for Bone Building (Jade Rm.) Instructor: Via	10:15 a.m. Prenatal Yoga (Jade Rm.) Instructor: Jenny	4:30 p.m. Restorative Yoga (Jade Rm.) Instructor: Simone	10:15 a.m. Prenatal Yoga (Jade Rm.) Instructor: Betty	
11:15 a.m. Yoga for Seniors Level II (Wellness Rm.) Instructor: Jamie	10 a.m. Hatha Yoga Level I (Jade Rm.) Instructor: Sue	10:45 a.m. Yoga for Seniors Level II (Jade Rm.) Instructor: Lisa	11:30 a.m. Mommy/Baby Yoga (Jade Rm.) Instructor: Jenny			
11:30 a.m. Mommy/Baby Yoga (Jade Rm.) Instructor: Kamala	3:15 p.m. Therapeutic Yoga for Joints (Wellness Rm.) Instructor: Lisa	11:45 a.m. Therapeutic Yoga Flow (Jade Rm.) Instructor: Umeko	11:45 a.m. Yoga for Seniors Level II (Wellness Rm.) Instructor: Pamela			
6 p.m. Hatha Yoga Level I (Jade Rm.) Instructor: Kamala	4:30 p.m. Restoritive Yoga (Wellness Rm.) Instructor: Lisa	12:15 p.m. Yoga in Chairs (Wellness Rm.) Instructor: Via	4:45 p.m. Yoga Flow (Jade Rm.) Instructor: TJ			
6 p.m. Yoga Flow (Wellness Rm.) Instructor: Sue	4:45 p.m. Yoga Flow (Jade Rm.) Instructor: Athena	4:45 p.m. Hatha Yoga Level I/II (Jade Rm.) Instructor: Sue	4:45 p.m. Hatha Yoga Level I (Wellness Rm.) Instructor: Sue			
7:15 p.m. Prenatal Yoga (Jade Rm.) Instructor: Kamala	6 p.m. Hatha Yoga Level I (Jade Rm.) Instructor: Sue	6 p.m. Hatha Yoga Level I (Jade Rm.) Instructor: Sue	6 p.m. Restorative Yoga (Wellness Rm.) Instructor: Avra			
	7:15 p.m. Hatha Yoga Level II (Wellness Rm.) Instructor: Timilie	6:15 p.m. Prenatal Yoga (Wellness Rm.) Instructor: Jennifer J.	6 p.m. Hatha Yoga Level I (Jade Rm.) Instructor: Timilie			
		7:15 p.m. Yoga and Meditation (Jade Rm.) Instructor: Kamala				

HOURS: Mon. - Thu. 5:30 a.m. - 9 p.m., Fri. 5:30 a.m. - 8 p.m. , Sat. & Sun. 7 a.m. - 4 p.m. **310-374-3426, ext. 147**

Instructor and/or class may change without notice.
Check out our group fitness schedule online **beachcitiesgym.org**.