

CENTER FOR HEALTHY LIVING



**TORRANCE MEMORIAL
MEDICAL CENTER**

Exercise Class Schedule at Malaga Cove Plaza

**Sign Up For 3 Concurrent
Sessions and SAVE!
Only \$56 a Series**

2014 Session Schedule

Classes do not meet on Memorial Day,
Independence Day, Labor Day or
Wednesday through Saturday of Thanksgiving week.

Mondays

Jan 6- Feb 24
March 10- April 28
May 12- July 7
July 14 - Sep 8
Sep 15 - Nov 3
Nov 17- Dec 8

Tuesdays

Jan 7- Feb 25
Mar 11- Apr 29
May 13- Jul 1
Jul 15 - Sep 2
Sep 16- Nov 4
Nov 18 - Dec 9

Wednesdays

Jan 8- Feb 26
Mar 12 - Apr 30
May 14 - Jul 2
Jul 16- Sep 3
Sep 17- Nov 5
Nov 19- Dec 17

Thursdays

Jan 9- Feb 27
Mar 13- May 1
May 15- Jul 3
July 17- Sep 4
Sep 18- Nov 6
Nov 20 - Dec 18

Fridays

Jan 10- Feb 28
Mar 14 - May 2
May 16- July 11
July 18- Sep 5
Sep 19- Nov 7
Nov 21- Dec 19

Saturdays

Jan 11-Mar 1
Mar 15 - May 3
May 17 - July 5
July 19- Sep 6
Sep 20 - Nov 8
Nov 22- Dec 20

Dates subject to change.

Regular.....\$72/Series
Discount ADVANTAGE Members, TMMC
Volunteers & Employees.....\$64/Series
Sign up for 3 concurrent sessions.....\$56/Series

*NOTE: Unity 2-Day (regular \$144/series, discount \$128/series) and Unity 3-Day (\$168/series, no other discounts)

Monday

8:15 am – 9:15 am Unity (3-Day)*
11:45 am – 12:30 pm Muscle Strengthening-
Beginning
12:45—1:45 Belly Dancing
2:00 pm – 3:00 pm Intermediate T'ai Chi
3:00 pm – 4:00 pm Beginning T'ai Chi
4:15 pm – 5:15 pm Yoga Basics

Tuesday

1:15 pm – 2:00 pm Strengthening with Hand
Weights
4:00 pm – 4:50 pm Beginning Mat Pilates
6:00 pm – 7:00 pm Unity (2-Day)*

Wednesday

8:15 am – 9:15 am Unity (3-Day)*
10:30 am – 11:20 am Intermediate Mat Pilates
12:00 pm – 1:00 pm Mindful Movement
3:00 pm – 4:00 pm Chair Yoga

Thursday

9:00 am – 10:00 am Align the Spine
11:00 am – 12:00 pm Dance Your Way to a
Healthy Heart
1:15 pm – 2:00 pm Stretching for Better
Balance
4:00 pm – 5:00 pm Yoga Basics
6:00 pm – 7:00 pm Unity (2-Day)*

Friday

8:15 am – 9:15 am Unity (3-Day)*
11:00 am – 12:00 pm Belly Dancing
12:15 pm – 1:00 pm Muscle Strengthening -
Advanced

Saturday

9:30 am – 10:30 am Yoga Basics

Pre-registration is required.

Call (310) 517-4711 or register online at
www.torrancememorial.org/classes

*Health Education classes are designed to support health and personal wellness, but are not a substitute for medical care.
Always consult your physician before starting an exercise program.*