



PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

Call Team Survivor office at 310/477-8557 to register for all classes

DRAGON BOATING Equipment & Instruction provided

Long Beach

- ◆ Saturdays 7:30 - 9:00 am
- ◆ Linda 323/221-2334 or Judy 714/373-2448

Newport Beach

- ◆ Sundays 10:00 - 11:30 am
- ◆ Regina 714/501-1144

INDOOR CORE FITNESS / RESISTANCE TRAINING

Cypress (private gym)

- ◆ Tuesdays 7:15 - 8:15 pm
- ◆ Ali 714/523-1771

Pasadena - Breakthru Fitness

- ◆ Exercise Specialist Mike Strickland, NASM CPT
- ◆ Tuesdays 7:00 - 8:00 p.m.
- ◆ 87 Fraser Alley at Delacey & Colorado

CYCLING

Glendale - LifeStyles for Health Studio

- ◆ Tue/Thur 7 - 8 am Mon/Wed 6 - 7 pm
- ◆ Tue 5:30 - 6:30 pm Sat 8 - 9 am
- ◆ 612 E. Glenoaks Blvd. Ask for Cindy.

Van Nuys: bike to Lake Balboa

- ◆ Saturday mornings, depending on weather
- ◆ Ruth 818/782-6074

Walk & Talk

Fountain Valley - Mile Square Park

- ◆ Wednesdays 8:30 am
- ◆ Euclid entrance
- ◆ Judy 714/373-2443 or Kathy 714/848-7128

Pasadena - Rose Bowl

- ◆ Thursdays 5:30 pm
- ◆ Seco St. Lot K, meet near bridge
- ◆ Linda 323/221-2334

Redondo Beach - Pier: McConnells Ice Cream

- ◆ Fridays 6:30 pm
- ◆ Leigh 310/847-9207

Santa Monica - Shutters Hotel

- ◆ Saturdays 10:30 am
- ◆ Pico Blvd. at beach
- ◆ Diane 310/497-7772

Van Nuys - Lake Balboa Park

- ◆ Tuesdays 7:30 am / Saturdays, 8:30 am
- ◆ 101 Fwy to Balboa (N), cross Burbank Blvd to 1st park entrance (E), park in 1st paved lot on left, meet at sidewalk & walking path
- ◆ Catherine 818/901-1812

YOGA and LYING DOWN & LETTING GO™

Burbank - Providence St. Joseph Medical Ctr.

- ◆ Mondays 7:00 - 8:30 p.m.
- ◆ Begins January 3rd
- ◆ 501 S. Buena Vista St at Alameda
- ◆ 134 Fwy West to Buena Vista

Fountain Valley - Fountain Valley Med Ctr

- ◆ Thursdays 7:00 - 8:15 pm
- ◆ 11250 Warner Ave., East Tower cafeteria
- ◆ Jennifer 714/642-1089

Inglewood - Daniel Freeman Mem Hospital

- ◆ Day / time may change, please call office.
- ◆ 333 N. Prairie Ave (btwn Manchester/Florence)
- ◆ Enter Admin. Bldg (left of main entrance)
- ◆ Guard has temporary pass to Conf Room C

Los Angeles - Stentorian Fire Station

- ◆ Thursdays 6:00 - 7:00 pm
- ◆ 1409 W Vernon Ave NW corner at Normandie

Los Angeles - LAC + USC Hospital

- ◆ Mondays 2:00 - 3:30 pm
- ◆ 1200 N State Room 4P43 (outpatient clinic)
- ◆ Between Zonal & Marengo, park 12A or 9A

Redondo Bch - Wellness Community So Bay

- ◆ Thursdays 6:00 - 7:00 p.m.
- ◆ 109 West Torrance Blvd.
- ◆ Torrance Blvd. across PCH & Catalina, Right into 2nd driveway. upper lot, Building 109

Sherman Oaks - weSpark Cancer Support Ctr

- ◆ Thursdays 7:00 - 8:30 p.m.
- ◆ Begins January 6th
- ◆ 13520 Ventura Blvd (btwn Coldwater&Woodman)

Swimming & Aqua Exercise

Brentwood - Mt. St. Mary's College

- ◆ Sunday: Jan. 30, Feb. 13 & 27
- ◆ 11:00 am - noon
- ◆ 12001 Chalon Rd.
- ◆ Sunset (W); right on Bundy, 1.5 mi; right on Norman Pl; right on Chalon; right gate drive

Santa Monica - YWCA Encore Program

- ◆ Thursdays 10:30 am at Lowe's Hotel
- ◆ Sharon 310/452-3881

Hiking

- ◆ 310/477-8557 to be put on our hiking roster.



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**YWCA Body Shop classes
2019 14th Street Santa Monica**

Team Survivor participants get their 1st-year YWCA membership free.



Sign in on TS roster at front desk.
Call Sharon at 310/452-3881 for class details.

	MON	TUE	WED	THUR	FRI	SAT
8:00 AM	Dynamic Fitness					
8:45 AM			Yoga		8:30 Yoga	Step Aerobics
9:00 AM	Timeless Body	Step Interval	Barre Class	Step Interval	Strong & Stretched	
10:40 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
5:15 PM	Strong & Stretched	Cardio Exercise	Strong & Stretched	Energy Core		
6:00 PM		Pilates				
6:30 PM	Yoga		Yoga			

Must have Medical Release & Information Forms on file before attending classes & events. Contact Lindsay at 310/477-8557 to be put on roster.
Forms are available at www.teamsurvivor-la.org on "Join Us" page.

OTHER RESOURCES & SUPPORT CENTERS

The Wellness Community

Free programs of support, education, and hope for people with cancer and their loved ones.

- ♦ **South Bay Cities** 310/ 376-3550
www.wellnessandcancer.org
- ♦ **Foothills** 626/796-1083
www.thewellnesscommunity.org/foothills

St. Vincent Medical Center—Los Angeles

Claudia at (213) 484-7887; Seton Hall, 201 S Alvarado

weSpark Cancer Support Center

Various groups, programs, activities, and classes to lighten and enhance your journey in recovery.
818/ 906-3022 or www.wespark.org

UCLA Ted Mann Family Resource Center

Research/Resource/Support Groups & Lecture Series
310/ 794-6644 or CancerResources@mednet.ucla.edu



C A L I F O R N I A

11110 W. Ohio Ave.
Ste. #111
Los Angeles, CA 90025
(310) 477-8557 phone
(310) 477-4669 fax
info@teamsurvivor-la.org

TEAM Survivor California is a nonprofit 501(c)(3) organization founded in 1999 to provide free exercise, health education and support programs for all women living with cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being. Our programs are designed to make exercise a fun and supportive experience. Participants are required to have a medical release before participating in TEAM Survivor events or programs.

**THANK YOU to our
Host Facilities
& Supporting
Organizations**

- ◆ Aerosoles & mml inc.
- ◆ The Allergan Foundation
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Ctr
- ◆ The Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ Lifestyles for Health-Glendale
- ◆ LAC + USC Healthcare Netwk
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ Northrop Grumman Corp.
- ◆ Providence St. Joseph MedCtr
- ◆ The Spectrum Club-So Bay
- ◆ Susan G Komen Foundation
- ◆ Toyota Motor Sales USA Inc.
- ◆ The Wellness Community:
Foothills & South Bay
- ◆ weSpark Cancer Support Ctr
- ◆ YWCA Santa Monica

NONPROFIT ORG
U.S. POSTAGE
PAID
PERMIT NO. 601
Santa Monica, CA

*To be added or removed from the Team Survivor mailing list
Please contact Lindsay at 310-477-8557 or lindsay@teamsurvivor-la.org*

TEAM Survivor Staff, Board, Advisors & Program Leaders

Executive Director
Melinda Ewen

Program Director
Jennifer Feldman

Administrative Asst
Lindsay Connors
Hours: M-F 9am—noon

Board of Directors
Pamela Burton
Melinda Ewen
Linda Gero
Jan King
Bruce Rankin
Catherine Wagar
Karen Van Kirk

Professional Advisory Board
Marilyn Terpenning, M.D.
Kimberly Fowler, J.D.
Sharon Donaldson, YWCA
Florencia Dunayevich, R.D.
Samantha Wood, M.P.T.

Dragon Boat Captains
Judy Burrows
Linda Gero
TK Kimura
Regina Savage

Outdoor Hiking & Backpacking Leaders
Bruce Rankin
Catherine Wagar

Indoor Fitness Trainers
Ali Boice
Mike Strickland

Studio Cycling
Cindy Miller

Lying Down & Letting Go™ & Yoga Instructors
Florencia Dunayevich
Joyce Gauss
Olivia Israel
Satya Kaur
Karen Penhale
Heidi Tatum
Fountain Valley Walk Leaders
Kathy Bates
Judy Burrows

Pasadena Walk Leader
Linda Gero

Redondo Beach Walk Leader
Leigh Ruth

Santa Monica Walk Leader
Diane Schreiber

**Van Nuys Walk/
Outdoor Bike Leaders**
Ruth Berk
Georgia Gowin
Gertrude Lewis
Catherine Wagar

**Swimming/Aquatics
YWCA Encore Coaches**
Lindsay Connors
Sharon Donaldson

Triathlon Coach
Ni Bueno

Please choose Team Survivor for your corporate matching gift or United Way charity.