

PROGRAM BULLETIN: Locations, Times & Places

If you are new to Team Survivor, please call (310) 477-8557
to register for all classes

DRAGON BOATING (referral program)

Long Beach - Los Angeles Pink Dragons

(a division of LA Racing Dragons Foundation)

- ◆ Saturdays 7:30 am / Wednesdays 3:30 pm
- ◆ Sharon (626) 799-9858 or Sue (562) 431-3074
- ◆ Details at www.LAPinkDragons.org

CYCLING

Glendale - LifeStyles for Health Studio

- ◆ Mondays & Wednesdays 6:00 pm
- ◆ 612 E. Glenoaks Blvd.
- ◆ Ask for Cindy (818) 243-9586

Van Nuys - bike at Lake Balboa

- ◆ Saturdays 7:30 am (depending on weather)
- ◆ Gertrude (818) 421-7760

WALK & TALK

Pasadena - Rose Bowl

- ◆ Thursdays 5:30 pm
- ◆ Seco St. Lot K, meet near bridge
- ◆ Linda (213) 705-8104

Van Nuys - Lake Balboa Park

- ◆ Saturdays, 8:30 am
- ◆ 101 Fwy to Balboa (N), cross Burbank Blvd. to 1st park entrance (E), meet at walking path
- ◆ Gertrude (818) 421-7760 - **CALL TO RSVP**

SWIMMING & AQUA EXERCISE

Brentwood - Mt. St. Mary's College

- ◆ Every 2nd and 4th Sunday at 11:00 am
- ◆ Lindsay (310) 486-0772 - **CALL TO RSVP**

Santa Monica - YWCA Encore Program

- ◆ Tuesday mornings at Santa Monica College
- ◆ Thursday mornings at Loew's Hotel pool
- ◆ **Call Sharon (310) 452-3881 to sign up**

CORE FITNESS / RESISTANCE TRAINING

Pasadena - Breakthru Fitness

- ◆ Tuesdays 7:00 - 8:00 pm
- ◆ 87 Fraser Alley at De Lacey & Colorado
- ◆ Exercise Specialist Mike Strickland, NASM CPT

AEROBICS

Mission Viejo - Mission Viejo Hospital Conference Ctr.

- ◆ Thursdays 6:30 - 8:00 pm
- ◆ 26726 Crown Valley Parkway

YOGA / STRETCHING LYING DOWN & LETTING GO™

Burbank - Providence St. Joseph Medical Ctr.

- ◆ Mondays 7:00—8:30 pm
- ◆ 501 S. Buena Vista St. at Alameda

Fountain Valley - Orange Coast Memorial Medical Hospital & Center

- ◆ Thursdays 7:00 - 8:15 pm
- ◆ 9940 Talbert - Special Program Building
- ◆ 3rd Floor - near room 301

Glendale - YWCA

- ◆ Stretch & Tone
- ◆ Wednesdays 8:00 - 9:00 am
- ◆ 735 E. Lexington Drive
- ◆ Call Erica to RSVP (818) 454-8702

NEW CLASS

Los Angeles - Stentorian Fire Station

- ◆ Thursdays 6:00 - 7:30 pm
- ◆ 1409 W Vernon Ave, NW corner at Normandie
- ◆ Olivia (323) 462-5110

Los Angeles - LAC + USC Hospital Breast Cancer Clinic

- ◆ Mondays 1:30 - 2:30 pm
- ◆ Tuesdays and Thursdays 2:00 - 3:00 pm
- ◆ 1200 N State Room 4P43 (outpatient clinic)
- ◆ Between Zonal & Marengo, park 12A or 9A

Mission Viejo - Mission Viejo Hospital Conference Ctr.

- ◆ Tuesdays 7:00 - 8:30 pm
- ◆ 26726 Crown Valley Parkway

Redondo Beach - The Wellness Community South Bay

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

Irvine - Cancer Center of Irvine

- ◆ Tuesdays 6:30 - 8:00 pm
- ◆ 16100 Sand Canyon, Suite 130

Sylmar - Olive View—UCLA Medical Center

- ◆ Wednesdays 2:00 - 3:00 pm
- ◆ Wednesdays 3:00 - 4:00 pm
- ◆ 14445 Olive View Dr.
- ◆ Special Treatment Clinic

West Los Angeles - Wilshire Boulevard Temple

- ◆ Wednesdays 7:00 - 8:30 pm
- ◆ 11661 Olympic Blvd.
- ◆ (corner of Olympic & Barrington)
- ◆ The Moyer Dance Studio 271

Winnetka - The Wellness Community Valley/Ventura Valley Satellite

- ◆ Wednesdays 4:45 - 5:45 pm
- ◆ 19725 Sherman Way, #270
- ◆ Mary (626) 390-4034

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YWCA Body Shop classes 2019 14th Street Santa Monica

Sign in on Team Survivor roster at front desk.
Call 310/452-3881 to verify classes.

Team Survivor participants receive
their 1st-year YWCA membership
FREE!

	MON	TUE	WED	THUR	FRI	SAT
8:30 AM					Yoga	
8:45 AM						Step Aerobics
9:00 AM	Timeless Body	Step Interval	Barre Class	Step Interval	TGIF Dance	
10:40 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
12:00 PM		FREE Yoga for Cancer Survivors				
5:15 PM	Strong & Stretched	Step & Low Impact	Strong & Stretched			
6:30 PM	Yoga		Yoga			



Must have Medical Release & Information Forms on file before attending classes & events. Call 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