

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 6:00 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

- ♦ Monday 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

Santa Monica - YWCA

- ♦ Individual strength training program provided
- ♦ 2019 14th Street
- ♦ **Call Sharon (310) 452-3881 for more information**

AEROBICS

Mission Viejo - Mission Viejo Hospital Conference Ctr.

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

THE TEAM SURVIVOR /EIF YOGA PROGRAM FOR WOMEN LIVING WITH CANCER

Burbank - Providence St. Joseph Medical Ctr.

- ♦ ON HIATUS UNTIL SEPTEMBER 15, 2008

Fountain Valley - Orange Coast Memorial Medical Hospital & Center

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

Irvine - Cancer Center of Irvine

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

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

Los Angeles - Stentorian Fire Station

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

Mission Viejo - Mission Viejo Hospital Conference Ctr.

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

Pasadena - The Neighborhood Church of Pasadena

- ♦ Fridays 6:00 - 7:30 pm
- ♦ 301 N. Orange Grove Blvd.
- ♦ Room #23

NEW CLASS

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

Santa Monica - YWCA

- ♦ Tuesdays 12:00 - 1:00 pm
- ♦ 2019 14th Street

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 - 8:15 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		
10:40 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
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

CancerConsultants.Com

A comprehensive cancer resource where cancer patients and their families can access the most current information about treatment, side effects, support, resources and clinical trials.
<http://patient.cancerconsultants.com/index.aspx>

Simms/Mann UCLA Center for Integrative Oncology

Research/Resource/Support Groups & Lecture Series
(310) 794-6644 or www.simmsmanncenter.ucla.edu

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

The Wellness Community

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

- ◆ **Foothills** (626) 796-1083
www.thewellnesscommunity.org/foothills
- ◆ **South Bay Cities** (310) 376-3550
www.wellnessandcancer.org
- ◆ **Valley/Ventura** (805) 379-4777
www.twcvv.org