

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

- ◆ 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
- ◆ **345 South Lake Ave.**
- ◆ **Suite #1280**
- ◆ Exercise Specialist Mike Strickland, NASM CPT

**NEW LOCATION
as of January 4, 09**

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.

- ◆ 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

Irvine - Cancer Center of Irvine

- ◆ Tuesdays 6:30 - 8:00 pm
- ◆ 16100 Sand Canyon, Suite 240

Los Angeles - LAC + USC Hospital Breast Cancer Clinic

- ◆ Mondays and Tuesdays 1:00 - 2:00 pm
- ◆ Thursdays 1:30 - 2:30 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)
- ◆ Maryellen (310) 477-8557

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

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 1:00 - 2:00 pm & 2:00 - 3:00 pm
- ◆ 14445 Olive View Dr.
- ◆ Special Treatment Clinic

Winnetka - The Wellness Community Valley/Ventura Valley Satellite

- ◆ Wednesdays 5:45 - 6:45 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