

PROGRAM BULLETIN: Locations, Times & Places

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

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 / JOGGING

Pasadena - *Rose Bowl*

- ◆ Mondays, 6:00 pm
- ◆ Holly (626) 296-3449- **CALL TO RSVP**
- ◆ Thursdays, 6:00 pm
- ◆ Linda (213) 705-8104 - **CALL TO RSVP**

Pasadena - *Rose Bowl (Jogging)*

- ◆ Thursdays, 6:00 am
- ◆ Alicia (310) 293-2392 - **CALL TO RSVP**

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

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

QI GONG

Mission Viejo - *Mission Viejo Hospital Conference Ctr.*

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

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

THE TEAM SURVIVOR / EIF

YOGA PROGRAM FOR WOMEN LIVING WITH CANCER

Burbank - *Providence St. Joseph Medical Ctr.*

- ◆ 1st and 3rd Monday, 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
- ◆ 18111 Brookhurst St., Suite 2450

Irvine - *Cancer Center of Irvine*

- ◆ Tuesdays, 6:30 - 8:00 pm
- ◆ 16100 Sand Canyon, Suite 100

Los Angeles - *YWCA -Greater Los Angeles*

- ◆ Thursdays, 6:0 - 7:30 pm
- ◆ 2501 W. Vernon Ave.
- ◆ For more info, contact Stacey: staceyjane@sbccglobal.net

Mission Viejo - *Mission Viejo Hospital Conference Ctr.*

- ◆ Tuesdays, 6:30 - 8:00 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

Reseda - *St. Catherine of Siena*

- ◆ Tuesdays, 11:00 - 12:00 pm
- ◆ 18115 Sherman Way
- ◆ Meet in the Parish Hall
- ◆ Bilingual Spanish/English
- ◆ Mary (626) 390-4034

NEW CLASS!

Santa Monica - *YWCA*

- ◆ Tuesdays, 12:00 - 1:00 pm
- ◆ 2019 14th Street

Sylmar - *Olive View—UCLA Medical Center*

- ◆ Wednesdays, 12:00 - 1:00 pm
- ◆ Wednesdays, 1:00 - 2:00 pm
- ◆ 14445 Olive View Dr.
- ◆ Special Treatment Clinic

West Los Angeles— *Wilshire Blvd Temple*

- ◆ Thursday, 6:00 - 7:00 pm
- ◆ 11661 Olympic Blvd. (Olympic & Barrington)
- ◆ Monique (213) 509-6543

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		
10:45 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise	10:15 Core Fusion	10:30 Yoga
5:15 PM	Strong & Stretched		Strong & Stretched			
6:30 PM	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