

Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven't registered in advance, we can't notify you if the class is canceled, or if we have made a change in the class logistics.

Prenatal Yoga

This class will teach you breathing techniques, gentle yoga postures and guided relaxation to help ease the discomfort of pregnancy, connect more deeply with your baby, and assist you in moving through labor and delivery with ease and awareness. You will build strength, stamina, flexibility and awareness, aiding in a healthy, conscious and comfortable pregnancy. This class is open to women of all yogic levels in their childbearing years. Instructor: Barbara McEnroe

• No class November 21 and January 16.

44180	M	7 - 8pm	9/26-10/24	WSC	\$50/5 Mtgs.
44181	M	7 - 8pm	11/7-12/12	WSC	\$50/5 Mtgs.
44182	M	7 - 8pm	1/9-1/30	WSC	\$30/3 Mtgs.

Stretch & Easy Conditioning

Keep your muscles and back in shape by learning to do nice and easy stretching, body conditioning and a little bit of yoga. Learn how to strengthen your stomach, and stretch all those 'sore' spots such as your neck, shoulders, back and more so you'll feel great. You'll love this great daytime class. Instructor: Evelyn Grauten

• December classes will meet at Mayfair Park.

• No class January 16.

43736	M	11 - 12pm	10/17-11/14	CTR	\$45/5 Mtgs.
43737	M	11 - 12pm	11/21-12/19	CTR	\$45/5 Mtgs.
43738	M	11 - 12pm	1/2-1/30	CTR	\$36/4 Mtgs.

Tai Chi and Chi Kung for Health

Start your day right with this great class. Tai Chi and Chi Kung's calming and graceful movement will relax and relieve tension and build youthful vitality and energy rather than dissipate it. Feel energized for the rest of the day without jarring your body. Instructor Richard Mier-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

• December class meets at Mayfair Park.

• No class November 1 & 22, December 27 and January 3.

43958	Tu	9 - 10am	9/27-11/8	CTR	\$35/6 Mtgs.
43959	Tu	9 - 10am	11/15-1/10	CTR	\$35/6 Mtgs.

Tai Chi for Health & Wellness

Tai Chi is an exercise method coordinating breath, movement and relaxation while improving and increasing the body's energy. Students will learn the Yang Short Form and other health exercises. Tai Chi reduces stress, improves circulation, balance, increases strength and more. Qigong (energy work) will also be practiced. Instructor Richard Mier-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

• No class November 3 & 24, December 29 and January 5.

43962	Th	6 - 6:50pm	9/29-11/10	WSC	\$24/6 Mtgs.
43963	Th	6 - 6:50pm	11/17-1/12	WSC	\$24/6 Mtgs.

Finished with this Brochure?

Don't throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.

September Swim Information

Did you know that there are great things happening at **Mayfair Pool** throughout September?

- Shallow Water Aerobics – T/Th 6:00 – 7:00 p.m.
- Aqua Zumba – M/W 6:30 – 7:30 p.m.
- Recreational Swimming - weekends through September 25.

For complete details call (562) 866-9771 ext. 2408



Zumba Tone

If you love Zumba and are looking for a new way to spice up your workout, then check out Zumba Tone. Zumba Tone incorporates all of the great Zumba music and dance moves AND adds in sculpting movements to better define and tone the entire body. Join the party today and let's get toned and fit together. Light weights are provided or bring in your own hand-held weights. Location: Kick it Up, 8129 E. Wardlow Rd., Long Beach. Instructor: Kick it Up! Staff

• Please bring your own mat.

• No class November 24 and 26.

43627	Tu	6:30 - 7:30pm	9/27-10/25	Off Site	\$24/5 Mtgs.
43629	Th	6:30 - 7:30pm	9/29-10/27	Off Site	\$24/5 Mtgs.
43631	Sa	8 - 9am	10/1-10/29	Off Site	\$24/5 Mtgs.
43628	Tu	6:30 - 7:30pm	11/1-12/6	Off Site	\$28/6 Mtgs.
43630	Th	6:30 - 7:30pm	11/3-12/8	Off Site	\$24/5 Mtgs.
43632	Sa	8 - 9am	11/5-12/10	Off Site	\$24/5 Mtgs.