EXERCISE & FITNESS

ADULT

*Beach Boot Camp
This camp is designed for participants 18 years+. This camp is designed to improve your cardiovascular health, strength, and overall fitness. Participants will develop themselves in a fun-filled high-energy class in a beach setting as part of our new Beach Programming. Class Min 5/Max 25.
Location: El Segundo Beach
Instructor: Recreation Staff
Cost is $25 for 4-weeks.

11026	Tu	**10/2-10/23**	6-7 am
11027	Th	**10/4-10/25**	6-7 am
11028	Sa	**10/6-10/27**	8-9 am

Cost is $40 for 4-weeks.

11029	Tu, Th	**10/2-10/25**	6-7 am

*Lunchtime Yoga
This class is designed for participants aged 18 years and above. Give yourself a yoga break in the middle of your day! This gentle, yet invigorating 45-minute class combines breath awareness and gentle flowing yoga poses. A great way to unwind and relax to get through the rest of your day. This is a mixed level class. Please bring your own yoga mat or you may borrow one from the Park. Class Min 5/Max 30. No class on 11/22.
Location: Clubhouse
Instructor: Tammy Boesch
Cost is $42 for 6-weeks.

10902	Tu	**10/2-11/6**	12:15-1 pm
10903	Th	**10/4-11/8**	12:15-1 pm
10904	Tu	**11/13-12/18**	12:15-1 pm

Cost is $35 for 5-weeks.

10905	Th	**11/15-12/20**	12:15-1 pm

*Mommy & Me Stroller Workout
This class is designed for participants aged 18 years and above. A complete workout designed specifically for you to do with your baby/young child, while enjoying a beautiful park setting. Fat burning, resistance training, abdominal work and stretching are all part of this effective workout. The class will meet in the patio north of the Clubhouse facility. Remember to bring a towel or mat, your water and your stroller. Class Min 5/Max 20. No class on 11/15, 11/20, 11/22, & 11/27.
Location: Recreation Park
Instructor: Victoria Samia
Cost is $100 for 10-weeks.

11019	Tu	**10/2-12/11**	9:30-10:30 am
11020	Th	**10/4-12/20**	9:30-10:30 am

Cost is $140 for 10-weeks.

11021	Tu, Th	**10/2-12/20**	9:30-10:30 am

*Pilates
This class is designed for participants aged 18 years and above. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates based mat class is appropriate for all fitness levels to improve posture, muscle tone and strength, while leaving you feeling renewed, regenerated and energized. Please bring a towel to put on your mat which is provided. Cost is $90 for 10-weeks. Class Min 8/Max 30. No class on 10/31 & 11/21.
Instructor: Victoria Samia

11017	W	**10/3-12/19**	6-6:50 pm
11018	W	**10/3-12/19**	7-7:50 pm

All Exercise & Fitness Classes are held at the Joslyn Center unless otherwise noted.

*Total Body Sculpting
This class is designed for participants aged 18 years and above. A total body workout that reaches every muscle group in a one-hour class. This class is for all fitness levels and utilizes core-training plyometrics techniques, light weight training, stretching and cardio. Whether you are looking to lose weight, shape and tone your body or increase endurance, get ready to sweat your way to better health! Please bring a set of 3-5 lb. dumbbells to class. Don't forget to bring water and a towel. Cost is $35 for 4-weeks. Class Min 8/Max 15.
Location: Clubhouse
Instructor: Carl Causly

10998	Tu	**10/2-10/23**	11 am-12 pm
10999	Tu	**10/30-11/20**	11 am-12 pm
11000	Tu	**11/27-12/18**	11 am-12 pm

*Lunchtime Cardio Kickbox
This class is designed for participants 18 years and over. Cardio kickbox is a non-contact energizing workout that will get you sweating to a firmer, leaner you. Burn body fat and calories while combining fun kicks, punches and athletic drills. All levels welcome. Bring water, towel and 3 pound dumbbells. Cost is $35 for 4-weeks. Class Min 5/Max 25.
Location: Clubhouse
Instructor: Carl Causly

10995	Tu	**10/2-10/23**	12:15-1 pm
10996	Tu	**10/30-11/20**	12:15-1 pm
10997	Tu	**11/27-12/18**	12:15-1 pm

*Dance & Stretch/Easy Exercise
This class is designed for participants aged 18 years and above. Classes are geared for older adults to help relieve stress, improve muscle tone and increase energy through gentle stretching and low-impact aerobic dancing. Class Min 3/Max 50.
Instructor: Angie Mandl
Cost is $10 for 5-weeks.

10845	Tu	**10/16-11/13**	9-9:50 am
10846	Th	**10/18-11/15**	9-9:50 am

Cost is $20 for 5-weeks.

10847	Tu, Th	**10/16-11/15**	9-9:50 am

Cost is $8 for 4-weeks.

10848	Tu	**11/27-12/18**	9-9:50 am
10849	Th	**11/29-12/20**	9-9:50 am

Cost is $16 for 4-weeks.

10850	Tu, Th	**11/27-12/20**	9-9:50 am

FRESH FRUITS & VEGETABLES-LIVE MUSIC-
EL SEGUNDO CERTIFIED FARMERS MARKET
THURSDAYS 3PM - 7PM
On Main Street between Holly & Pine Avenues
For more information, please contact the Farmers Market Manager Val Patterson at 1-310-615-2649
NUTS - SALSA- EGGS - CHEESE - HUMMUS - GITS- BALOONS
KETTLE KORN - BAKED GOODS - CUT FLOWERS - PLANTS
- DRIED FRUIT - SPECIALTY CHOCOLATES -

*Tai-Chi Ch'uan
This class is designed for participants aged 12 years and above. Come and enjoy the benefits of this slow, graceful, relaxing, rhythmic exercise. Tai-Chi is used to promote good health in both young and old, strong and weak. Class Min 5/Max 50. No class 11/22.
Instructor: Richard Goodman

Beginner
Cost is $66 for 11-weeks.

10859	Th	**10/4-12/20**	12-1 pm

Beginner & Advanced
Cost is $176 for 11-weeks.

10860	Th	**10/4-12/20**	12-2:30 pm

Cost is $32 for 2-weeks.

10861	Th	**1/3-1/10**	12-2:30 pm

*Yoga
This class is designed for participants aged 18 years and above. Designed to increase body flexibility and work on stress relief techniques. Cost is $50 for 5-weeks. Class Min 5/Max 50.
Instructor: Victoria Elia

10862	M	**10/1-10/29**	6-7:15 pm
10863	M	**10/1-10/29**	7:30-8:45 pm
10864	Th	**10/4-11/1**	6-7:15 pm
10865	Th	**10/4-11/1**	7:30-8:45 pm

*Muscle Strengthening Intermediate
This class is designed for participants aged 18 years and above. Cardio Low Aerobics: using light weights (1 lb to 5 lbs), some core work and back exercises with cardio. Bring own set of two hand weights. Class Min 5/Max 40. No class 11/19, 11/21, 11/23.
Instructor: Randy Okuda
Cost is $20 for 5-weeks.

10851	M	**10/1-10/29**	10-10:55 am
10852	W	**10/3-10/31**	10-10:55 am
10853	F	**10/5-11/2**	9-9:55 am
10854	M	**11/12-12/17**	10-10:55 am
10855	W	**11/14-12/19**	10-10:55 am
10856	F	**11/16-12/21**	9-9:55 am

Cost is $55 for 5-weeks.

10857	M, W	**10/1-11/2**	10-10:55 am
	F		9-9:55 am
10858	M, W	**11/12-12/21**	10-10:55 am
	F		9-9:55 am

TRANSPORTATION

Dial-A-Ride
For reservations or more information please call 310-524-2704

Hours of Operation

Monday - Friday	8:50 am - 3 pm
Saturday	Times Vary

Shopping Shuttles
Times & Destinations Vary
For reservations or more information please call 310-524-2704

Lunchtime Shuttle
Monday - Friday 11:15 am - 2 pm

Striders

M, W, F	8:30 & 10 am
Tu, Th	3 pm