

TEACHING SCHEDULE

BOBBI KOONSE

bobbikoonse@att.net

Crescent Canada YMCA
1930 Foothill Blvd, La Canada Flintridge, CA 91011
(818) 790-0123

Monday	Tai Chi	11:00- 12:00
	Balancefit	1:30-2:30
Wednesday	Balancefit	11:00-12:00
	Tai Chi	1:20-2:30
Thursday	Tai Chi	11:00-12:00
Friday	Fallproof Balance and Mobility	10:00-12:00

Verdugo Hills YMCA
6840 Foothill Blvd, Tujunga, CA 91042
(818) 352-7622

Monday	Tai Chi	9:15-10:15
Tuesday	Balancefit	12:30-1:30
Wednesday	Tai Chi	9:10-10:10
Thursday	Balancefit	12:30-1:30
Friday	Fallproof Balance and Mobility	1:00-2:00

Crescenta Valley United Methodist Church
2700 Montrose Ave., Montrose CA 91010
(Register through Crescenta Canada Y (818)790-0123)

Tuesday	Fallproof Balance and Mobility	9:30 - 10:30
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Glendale Community College, Community Service Education
1122 E. Garfield Ave, Glendale, CA 91205
(818) 240-1000 Ext. 5015 (CALL FOR SESSION DATES)

Tuesday	Fallproof Balance and Mobility	2:30 - 3:30
Wednesday	Tai Chi Chuan	3:30 – 4:30

Spiral Path Yoga

3125 Foothill Blvd, La Crescenta, CA 91214

(818) 369-7455

Wednesday Tai Chi Chuan

7:45 - 8:45 AM