

# Tai Chi Chuan Public Class Schedule

Dan Layne | 626-253-7176 | dan@danlayne.com

<p><b>Norwalk Senior Center</b> 14040 San Antonio Dr. Norwalk, CA 90650                      562 - 929-5580</p> <p><b>St. Jude Center for Rehabilitation and Wellness</b> 2767 East Imperial Highway Brea, CA 92821-6713    (714) 578-8720</p>	<p><b>MONDAY</b> 1:00 – 2:30 pm Free</p> <p><b>MONDAY</b> 4:00 – 5:00 pm For fee schedule go to: <a href="http://www.synergymedfit.com">www.synergymedfit.com</a></p>
<p><b>LA Fetra Senior Center</b> 116 E. Foothill Blvd.. Glendora, CA. 91741                      626-914-8235</p> <p><b>Yorba Linda Senior Center</b> 4501 Casa Loma Dr. Yorba Linda, CA. 92886                      714-961-7181</p> <p><b>St. Jude Center for Rehabilitation and Wellness</b> 2767 East Imperial Highway Brea, CA 92821-6713                      (714) 578-8720</p>	<p><b>TUESDAY</b> 9:00 – 10:00 am \$54.00/10 weeks Call for session date information</p> <p><b>TUESDAY</b> 10:30 – 11:30 am, 11:45 – 12:15 am (advanced) Free</p> <p><b>TUESDAY</b> 1:00 – 2:00 pm For fee schedule go to: <a href="http://www.synergymedfit.com">www.synergymedfit.com</a></p>
<p><b>West Anaheim Senior Program</b> 2271 W. Crescent Ave. Anaheim, CA. 92801                      714-765-4511</p> <p><b>St. Jude Center for Rehabilitation and Wellness</b> 2767 East Imperial Highway Brea, CA 92821-6713                      (714) 578-8720</p> <p><b>E. San Gabriel Valley Church of Religious Science</b> 5446 N. Citrus Ave.. Covina, CA. 91723                      626 - 332- 6838</p>	<p><b>WEDNESDAY</b> TaiChi: 10:00 – 10:55 am, Balance: 11:00 – 11:50 am Free</p> <p><b>WEDNESDAY</b> 4:00 – 5:00 pm For fee schedule go to: <a href="http://www.synergymedfit.com">www.synergymedfit.com</a></p> <p><b>WEDNESDAY</b> 6:00 – 6:50 pm \$80.00/10 weeks (must be used within one year) Or \$10/class</p>
<p><b>Yorba Linda Senior Center</b> 4501 Casa Loma Dr. Yorba Linda, CA. 92886                      714-961-7181</p> <p><b>Cypress Senior Center</b> 9031 Grindlay Str. Cypress, CA. 90630                      714-229-6662</p>	<p><b>THURSDAY</b> 10:30 – 11:30 am, 11:45 – 12:15 am (advanced) Free</p> <p><b>THURSDAY</b> 1:00 – 2:30 pm Free</p>
<p><b>Covina Park Recreation Hall</b> 300 W. San Bernardino Rd. Covina, CA. 91723                      626-858-7271</p>	<p><b>FRIDAY</b> 6:00 – 7:00 pm \$45.00/8 weeks Call for session date information</p>
<p><b>Cerritos College Community Education</b> 11110 Alondra Blvd. Norwalk, CA. 90650                      562-467-5050, ext. 2521</p>	<p><b>SATURDAY</b> 8:30 – 10:00 am \$80.00/6 weeks Call for session date information</p>

# Balance & Mobility Public Class Schedule

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<p><b>Brea Senior Center</b> 500 S. Sievers St. Brea, CA 92821</p>	<p><b>MONDAY</b> 10:00 – 12:00 pm Free</p>
<p><b>LA Fetra Senior Center</b> 116 E. Foothill Blvd.. Glendora, CA. 91741 626-914-8235</p>	<p><b>TUESDAY &amp; THURSDAY</b> 4:00 pm – 5:00 pm \$84.00/8 weeks Call for current session information</p>
<p><b>Yorba Linda Senior Center</b> 4501 Casa Loma Dr. Yorba Linda, CA. 92886 714-961-7181</p>	<p><b>WEDNESDAY</b> 2:00 – 3:30 pm Free</p>
<p><b>LA Fetra Senior Center</b> 116 E. Foothill Blvd.. Glendora, CA. 91741 626-914-8235</p>	<p><b>TUESDAY &amp; THURSDAY</b> 4:00 – 5:00 pm \$84.00/8 weeks Call for current session information</p>
<p><b>Crescenta- Cañada Family YMCA</b> 1930 Foothill Blvd. La Cañada Flintridge, CA 91011 (818) 790-0123</p> <p><b>Verdugo Family YMCA</b> 6840 Foothill Blvd. Tujunga, CA 91042 (818) 352-3255</p>	<p><b>FRIDAY</b> 10:00 am – Noon \$79.00 – members, \$125.00 – non-members/8 weeks</p> <p><b>FRIDAY</b> 1:00 – 2:00pm \$79.00 – members, \$125.00 – non-members/8 weeks</p>
<p><b>Kelby Park Joslyn Center</b> 815 N. Barranca Avenue Covina, CA. 91723 626-858-7271</p>	<p><b>SATURDAY</b> 10:30 – 11:30 am \$55.00/8 weeks</p>