



Laguna Woods Village®

RECREATION DEPARTMENT

November Schedule

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alisha Sullivan	Clubhouse 5	Clubhouse 5	Clubhouse 5	Clubhouse 5	Clubhouse 5	
Cycling	5 - 6 p.m.	10 - 11 a.m.	10 - 11 a.m.	7 - 8 a.m.	7 - 8 a.m.	
\$40 per session (eight class sessions)		11:30 a.m. - 12:30 p.m.		8:30 - 9:30 am		
Janet Gilliam		Clubhouse 5 MPR		Clubhouse 2 Ballroom		
Chair Fitness		9 - 10 a.m.		10 - 11 a.m.		
\$3 per class						
Jan L. Levinrad		Clubhouse 2 Pool				
Swim Clinic		12 - 1 p.m.; 1 - 2 p.m.				
Free drop-in class		Class starts Oct 5				
Tracy Murray	Clubhouse 2 Ballroom		Clubhouse 5 Ballroom		Clubhouse 2 Ballroom	
Zumba Gold	10 - 11 a.m.		9 - 10 a.m.		9 - 10 a.m.	
\$5 per class						
Tracy Murray	Clubhouse 1 Pool		Clubhouse 1 Pool			
Aqua Zumba	5 - 6 p.m.		5 - 6 p.m.			
\$5 per class	Class starts Sep 13		Class starts Sep 15			
Ron Murray		Clubhouse 5 Fitness		Clubhouse 5 Fitness		
IKTA self defense		3:30 - 4:30 p.m.		3:30 - 4:30 p.m.		
\$5 per class						
Kristine DeYoung	Clubhouse 2 Ballroom			Clubhouse 2 Ballroom		
Mat yoga	11:30 a.m. - 12:30 p.m.			11:30 a.m. - 12:30 p.m.		
Chair yoga	1 - 2 p.m.			1 - 2 p.m.		
Free drop-in class						
Kim Min	Clubhouse 2 Ballroom	Clubhouse 1 Ballroom				
Yoga	8:30 - 9:45 a.m.	8:30 - 9:45 a.m.				
Free drop-in class						
Sue Shin		Clubhouse 5 Fitness			Clubhouse 5 MPR	
Meridian yoga		5 - 7 p.m.			8 - 10 a.m.	
Free drop-in class						
Susie Ando				Clubhouse 1 Patio		Clubhouse 1 Patio
Tai chi dance				8 - 10:30 a.m.		8 - 10:30 a.m.
Free drop-in class						
Jerry Bloch			Clubhouse 2 Patio			
Mindful movement yoga			12 - 1 p.m.			
Free drop-in class						
Cheryl Russel	Clubhouse 1 Ballroom					
Laughter yoga	9:15 - 10:15 a.m.					
Free drop-in class						
Candi Davis	Clubhouse 1 Ballroom					
Ballroom dance	10:30 a.m. - 12:30 p.m.					
\$5 per class						
Ed VanOrnum					Clubhouse 1 Ballroom	
Ballroom dance					9:30 a.m. - 11:30 a.m.	
\$6 per class						
Dr. Lois Rubin	Zoom					
Stress-less Mindfulness Meditation	11 a.m. - 12 p.m.					
Email SOULHLR@Yahoo.com for access						
ESL					Clubhouse 1	
English as a second language class						
Free class; schedule through instructor at sclclagunawoods@gmail.com						