

SC YOGA & Pilates WINTER 2023

HERMOSA AQUATIC CENTER

M / W 5:15 – 6:15 pm Yoga for Healthy Back
M / W 6:30 – 7:30 pm PILATES
W / F 8:30 – 9:30 am Essential Yoga

OLE HANSON BEACH CLUB

W AMAZING OCEAN VIEWS

T 7:55 – 8:55 am Gentle Yoga
T 9:00 – 10:00 am Vinyasa Flow
T 10:05 – 11:05 am Hatha Blend
T 4:15 – 5:15 pm YIN Yoga (New Time)
T 5:30 – 6:30 pm Flow (New Class)

SC COMMUNITY CENTER

TH 7:55 – 8:55 am Gentle Yoga
TH 9:00 – 10:00 am Vinyasa Flow
TH 10:05 – 11:05 am Hatha Blend
TH 6:00 – 7:00 pm Relaxation/Mediation

Yoga for Kids/ Aquatic Center

W 3:15 - 4:05 pm

Yoga for Teens/ Aquatic Center

W 4:15 - 5:05 pm



LIVE- STREAM CLASSES ON ZOOM

TH
7:50 – 8:50 am
Gentle Yoga

TH
10:05-11:05 am
Hatha Blend

Five & Ten Class
Punch Cards are
available too!

Register Anytime!

<https://secure.rec1.com/CA/san-clemente-ca/catalog>

Or call

949-361-8264

Or Scan

