



Laguna Woods Village®

RECREATION DEPARTMENT
Updated August 2023

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Alisha Sullivan	Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness	
Cycling	5 - 6 p.m.	9 - 10 a.m.	10 - 11 a.m.	7 - 8 a.m.	7 - 8 a.m.	
\$40 per session (eight class sessions)		10:30 - 11:30 a.m.		8:30 - 9:30 am		
Janet Gilliam		Clubhouse 1 Gym		Clubhouse 1 Gym		
Chair Fitness		10 - 11 a.m.		10 - 11 a.m.		
\$3 per 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						
Ron Murray		Clubhouse 5 Fitness	Clubhouse 5 Fitness	Clubhouse 5 Fitness		
IKTA self defense		3:30 - 4:30 p.m.	3 - 4 p.m.	3:30 - 4:30 p.m.		
\$5 per class						
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					
Aqua Zumba	4 - 5 p.m.					
\$5 per class						
Laura Fremont			Clubhouse 5 Fitness	Clubhouse 5 Fitness		
Tap Dance & Rhythms				10:30 - 11:45 a.m.		
\$5 per class						
Casey Chavez		Clubhouse 5 Pool		Clubhouse 5 Pool		
Aqua Fitness		4 - 5 p.m.		4 - 5 p.m.		
\$5 per class						



Laguna Woods Village®

RECREATION DEPARTMENT
Updated August 2023

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Various Instructors		Clubhouse 5 Fitness				
Meridian yoga		5:30 - 6:45 p.m.				
Embrace life yoga						
Free drop-in class						
Kim Min		Clubhouse 1 Ballroom			Clubhouse 7 Ballroom	
Yoga		8:30 - 9:45 a.m.			9:30 - 10:45 a.m.	
Free drop-in class						
Jerry Bloch			PAC Dining Room			
Mindful movement yoga			12 - 1 p.m.			
Free drop-in class						
Zahir Movius					Clubhouse 5 Fitness	Clubhouse 5 Fitness
Circle of Love Meditation					2:30 - 4 p.m.	
Yoga						Sunday
Free drop-in class						10:30 am- 12 pm
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						
Jill Camera					Clubhouse 1 Ballroom	
Mindful flow yoga					1 - 2 p.m.	
Free drop-in class						
Various Instructors		Clubhouse 7 Ballroom		Clubhouse 7 Ballroom		
Tai Chi		8:30 - 9:30 a.m.		8:30 - 10 a.m.		
Free drop-in class						
Various Instructors				Clubhouse 1 MPR		Clubhouse 1 MPR
Tai chi dance				8 - 10:30 a.m.		Saturday
Free drop-in class				10:30 - 11:30 a.m.		8 - 10:30 a.m.



Laguna Woods Village®

RECREATION DEPARTMENT
Updated August 2023

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Various Instructors	Clubhouse 1 Patio		Clubhouse 1 Patio	Clubhouse 2 Ballroom	Clubhouse 1 Patio	
Chi Kung	8 - 9:30 a.m.		8 - 9:30 a.m.	8 - 9:30 a.m.	8 - 9:30 a.m.	
Free drop-in class						
Jean Reitz						Clubhouse 5 Fitness
Mind and Body Fitness						10:30 a.m. - noon
Free drop-in class						Saturday
Jan L. Levinrad		Clubhouse 2 Pool				
Swim Clinic		12 - 1 p.m.; 1 - 2 p.m.				
Free drop-in class						
Mahina Kimmitt	Clubhouse 5 Fitness				Clubhouse 5 Fitness	
Hula Class	1 - 4 p.m.				10 a.m. - 11:30 a.m.	
Free drop-in class						
Various Instructors		PAC Rehearsal Room				
Clogging		8:30 - 10 a.m.				
Free drop-in class						
Various Instructors						Clubhouse 5 Fitness
Line Dance						2 - 3 p.m.
Free drop-in class						Saturday
Various Instructors						Clubhouse 5 Fitness
Disco Dance						3 - 4 p.m.
Free drop-in class						Saturday
Sylvie Escande		Clubhouse 5 MPR				
Beginner's French (B)		9 - 9:50 a.m.				
Beginner's French (A)		10 - 10:50 a.m.				
Free drop-in class						
Han Sohn			Clubhouse 1 DR 2			
Korean Language Class			2:15 - 4:15 p.m.			
Free drop-in class						



Laguna Woods Village®

RECREATION DEPARTMENT

Updated August 2023

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Janet Preissler			Clubhouse 2 Grevillea			
Russian Language Class			3:00 - 5 p.m.			
Free drop-in class						
ESL					Clubhouse 1	
English as a second language class						
Free class; schedule through instructor at scclagunawoods@gmail.com						
Walter Valencia				PAC Dining Room		
Spanish Language Class						
Free class; schedule through instructor at kevinvalencia@verizon.net						
Dr. Lois Rubin	PAC Rehearsal Room					
Age-ing to Sage-ing	10:30 a.m. - noon					
Email SOULHLR@Yahoo.com for information						
Email Recreation@vmsinc.org to register						