OLLI @ LifeFit Center
WINTER CLASSES
January 11 to March 7, 2016

Tuesdays

**Balance and Fall Prevention - 1**
8:30 – 9:50
Dr. Olphat Mohamed, director
KIN - 107

**Meditation (4 weeks-Feb)**
3:15 – 4:45
Dr. Allen Arnett, instructor
KIN – 110B

Wednesdays

**Longevity Stick**
9:00 – 10:00
Lynne Marsh, instructor
KIN - 107

**Senior Yoga / Qigong**
4:00 – 5:00
Ram Bhakt Rezai, instructor
KIN – 110B

Thursdays

**Balance and Fall Prevention - 2**
8:30 – 9:50
Dr. Olphat Mohamed, director
KIN - 107

**Tai Chi Chih**
1:15 – 2:00
Al Talberg, instructor
KIN – 110

**Shall We Dance?**
2:15 – 3:15
Donna O’Keefe, leader
KIN – 107

Fridays

**Not Your Daughter’s Yoga**
8:15 – 9:30
David Hennage, instructor
KIN – 107

**WINTER REGISTRATION** starts **DECEMBER 5** 8:30 – 11:30

For ALL OLLI course offerings at CSULB, Pine Avenue or Leisure World locations, see the website [www.csulb.edu/olli](http://www.csulb.edu/olli)

Call the OLLI office for more information....  562.985.8237