OSHER LIFELONG LEARNING INSTITUTE
AT CALIFORNIA STATE UNIVERSITY, LONG BEACH

OLLl @ LifeFit Center
SPRING CLASSES
April 6 – May 30, 2020

Mondays

**Stand Tall, Stand Strong (Day 1)** 8:30 – 9:50
Lorraine Goldman, instructor
KIN – 110 B

**Mago Mindful Movement** 3:00 – 4:00
Nielen Barnes, instructor
KIN – 107

Tuesdays

**Longevity Stick Movements** 8:30 – 9:45
Charles Taylor, instructor
KIN – 110 B

Wednesdays

**Stand Tall, Stand Strong (Day 2)** 8:30 – 9:50
Lorraine Goldman, instructor
KIN – 107

**Showtime Acting** 2:00 – 3:30
Nancy Hathcock, instructor
KIN – 107

See the Performance on Saturday May 30 1:00 – 3:00 in HSD 101

Thursdays

**Yoga with JeanMarie** 8:30 – 9:45
JeanMarie VanDine, instructor
KIN – 110 B

**Tai Chi Chih** 2:00 – 2:45
Florence St. Peter, instructor
KIN – 110 B

Fridays

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

Contact the OLLl office for more information.... 562.985.8237
For more classes, see the website www.csulb.edu/oli