



OLLI @ LifeFit Center

WINTER January 4 to February 28

Mondays

Stand Tall, Stand Strong	8:30 – 9:50
Lorraine Goldman, instructor	KIN – 110 B
Intro to the World of Shamans	3:00 – 4:30
Mushroom Montoya, instructor	KIN – 110 B



Tuesdays

Longevity Stick ON HOLD	
Charles Taylor, instructor	KIN – 110 B
Reiki 1 Healing	2:00 – 3:00
Patty Rassouli, instructor	KIN – 110 B



Wednesdays

Stand Tall, Stand Strong	8:30 – 9:50
Lorraine Goldman, instructor	KIN – 110 B
NEW Acting with Alice	2:00 – 4:00
Alice Lemon, instructor	KIN – 110 B



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
Yoga on a Chair	12:30 – 1:30
Claudia Ellano, instructor	KIN – 110 B

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