

Bel Air Ridge Activities and Contacts

<u>Activity</u>	<u>Days</u>	<u>Times</u>	<u>Location</u>	<u>Contact Information</u>
Cardio/Circuit Training	Mon/Wed/Fri	9:00 — 10:00AM	Fitness Center	Cindy Maloney 310-393-2587
Pilates Tone and Sculpt	Tue. & Thur.	8:30 — 9:30AM	Fitness Center	Dana Handler, 323-901-3775
Tennis Clinics — Adults Children 5 to 8 years Children 9 to 14 years	Tues. & Thurs Thurs. Thurs. & Wed	9:30AM 4:00PM 5:00PM	Claray Tennis Courts	Gene Malin, 310-475-8511
Tennis Round Robin	Monday & Friday	9:00AM	Claray Tennis Courts	Gene Malin, 310-475-8511
Yoga — Hatha Flow	Tuesday Saturday	6:45 — 8:00PM 8:30 — 9:30AM	Fitness Center	Jen Netherby, 323-578-8894

Activities At Bel Air Ridge -- By Day of the Week

Monday Cardio / Sculpt Circuit Training Tennis Round Robin	Time 9:00 — 10:00AM 9:00AM		Location Fitness Center Claray Tennis Courts
Tuesday Pilates Tone & Sculpt Adult Tennis Clinic Yoga — Hatha Flow	8:30 — 9:30AM 9:30AM 6:45 — 8:00PM		Fitness Center Claray Tennis Courts Fitness Center
Wednesday Cardio / Sculpt Circuit Training Tennis Clinic—Children 9-14	9:00 — 10:00AM 5:00 — 6:00PM		Fitness Center Claray Tennis Courts
Thursday Pilates Tone & Sculpt Adult Tennis Clinic Tennis Clinic, Children 5-8 Tennis Clinic, Children 9-14	8:30 — 9:30AM 9:30AM 4:00 — 5:00PM 5:00 — 6:00PM		Fitness Center Claray Tennis Courts
Friday Cardio / Sculpt Circuit Training Tennis — Round Robin	9:00 — 10:00AM 9:00AM		Fitness Center Claray Tennis Courts
Saturday Yoga	8:30 — 9:30AM		Fitness Center