

# PEOPLES

## YOGA, HEALTH & DANCE

**365 W 6th St**  
 San Pedro 90731  
**(310) 547-BFIT (2348)**  
[Jan@PeoplesYogaHealthDance.com](mailto:Jan@PeoplesYogaHealthDance.com)  
[PeoplesYogaHealthDance.com](http://PeoplesYogaHealthDance.com)

Begin	End	Class		Teacher	Begin	End	Class		Teacher
<b>Monday</b>					<b>Thursday</b>				
9:30	10:30 AM	Kettle Bell Circuit	Strength Training	Jan					
9:30	10:30 AM	"Pole-licious" Pole Dance	Level 2	Barbara	4:15	5:15 PM	Kids Hip Hop	Kool Class Kids	Erica
10:30	11:30 AM	Therapeutic Yoga	Viniyoga / all levels	Shelagh	5:00	6:00 PM	Kids Freestyle Martial Arts	Learn self defense skills	Mark N
					5:30	6:30 PM	Kettle Bell Circuit	Strength Training	Jan
5:30	6:30 PM	Yoga	Basics / all levels	Jan	6:30	7:30 PM	Yoga	mixed level flow	Mark S
6:00	7:00 PM	"Pole-licious" Pole Dance	Level 1	Barbara	6:30	8:00 PM	Self-Defense/MMA	Adult & Teen	Mark N
6:30	7:30 PM	Zumba	Cardio Party	Jan	7:30	8:30 PM	Line Dancing	all levels	Girstin
7:15	8:45 PM	"Pole-licious" Level 3	\$12 or 5 for \$55   10 for \$100	Sonya	7:30	8:30 PM	"Pole-licious" Pole Dance	Level 1	Natalie
7:30	8:30 PM	West Coast Swing	Begin & Intermediate	Rhonda	<b>Chg</b> 8:30	9:30 PM	<b>Freestyle (2nd, 4th, 5th Thurs) &amp; Dance Jam (1st &amp; 3rd)</b>		Michael & DJ Jan
8:30	9:30 PM	Ballroom & Partner Dancing	all levels	Alina	8:30		1st Thursday Party   Open Floor Jam Dancing   FREE		DJ Jan
<b>Tuesday</b>					<b>Friday</b>				
4:15	5:15 PM	Kids Hip Hop	Kool Class Kids	Erica	8:30	9:30 AM	Tai Chi	all levels	Ralph
5:00	6:00 PM	Kids Freestyle Martial Arts	Learn self defense skills	Mark N	9:30	10:30 AM	Zumba	Cardio Party	Jan
5:30	6:30 PM	Zumba + <i>Toning</i>	Cardio Party + Tone, Sculpt	Jan	10:30	11:30 AM	Therapeutic Yoga	Viniyoga / all levels	Shelagh
6:30	7:30 PM	Yoga	mixed level flow	Mark S	<b>New</b> 5:30	6:30 PM	Bad Kitty Sassy Fitness	Take it up a notch or two	Girstin
6:30	8:00 PM	Self-Defense/MMA	Adult & Teen	Mark N	<b>New</b> 6:30	7:30 PM	Belly Dance	all levels	Judy
7:30	8:30 PM	Salsa-Latin	Intermediate	Nicole	<b>Chg</b> 7:30	8:30 PM	Tai Chi	all levels	Tomme
8:30	9:30 PM	Salsa-Latin	Beginning	Nicole		evening	available or reserved for private events/parties or lessons		<b>ask us</b>
<b>Wednesday</b>					<b>Saturday</b>				
9:30	10:30 AM	Zumba + <i>Toning</i>	Cardio Party + Tone, Sculpt	Jan	8:30	9:30 AM	Pilates	Core strength & flexibility	Jan
9:30	10:30 AM	"Pole-licious" Pole Dance	Level 1	Barbara	9:30	10:30 AM	Zumba + <i>Toning</i>	Cardio Party + Tone, Sculpt	Jan
10:30	11:30 AM	Therapeutic Yoga	Viniyoga / all levels	Shelagh	9:30	10:30 AM	"Pole-licious" Pole Dance	Level 1	Lira
4:00	7:30 PM	** Lyon's Academy of Irish Dance ** < see sidebar >		Meredith	10:30	11:30 AM	Yoga	Basic / all levels	Shelagh
5:15	6:15 PM	"Pole-licious" Pole Dance	Level 1	Barbara	11:30	1:00 PM	Gotta Sing, Gotta Dance	donation, \$5 suggested	Carla
5:30	6:30 PM	Pilates	Core strength & flexibility	Jan	afternoon & evening		available or reserved for private events/parties or lessons		<b>ask us</b>
6:30	7:30 PM	"Pole-licious" Pole Dance	Level 2	Barbara	<b>Sunday</b>				
6:30	7:30 PM	Zumba	Cardio Party	Alfredo	10:00	11:00 AM	Tai Chi	All Levels	Ralph
<b>Chg</b> 7:30	8:30 PM	People's Dance Teams	<b>FREE see below</b>	Staff	11:10	12:25 PM	Community Yoga	Donation Based-1.25 hrs **	Ralph
8:30	10:00 PM	** Belly Dance: Advanced	6 weeks/ \$65 / 1.5 hrs **	Regine	afternoon & evening		available or reserved for private events/parties or lessons		<b>ask us</b>

## Prices

Drop in	\$8 / class
5 classes	\$35 / 5 classes
10 classes	\$60 / 10 classes
<b>UNLIMITED</b>	
Individual	\$89 / 30 days
Buddies 2fer	\$130 / 30 days
2 people purchase in person at same time	
Familv Plan	\$150 / 30 days
2 adults + 1-3 kids	

classes & instructors occasionally need to be changed without notice

## People's Dance Teams

FREE   Fun Come check it out
<b>Weds 7:30 pm</b> Ask a teacher about it All levels, including beginners, welcome
<b>Gotta Sing Gotta Dance w/ Performance</b> Saturdays 11:30 to 1 pm   Carla
<b>Private or Small Group Lessons   Choreography</b> check with instructor, Jan, or front desk
Work-study available - see Jan

## Kettlebells

This is a new take on lifting old-school Russian weights, which look like cannonballs with handles. Moving that weight requires an explosive movement. It's a great cardio exercise; instead of isolating one muscle, you use your whole body. Plus the number of calories you burn is huge.

**Mondays 9:30am + Thursdays 5:30pm**

*Lyon's Academy of Irish Dance*

4:00-5:00 Beginning age 4 & up

5:00-6:30 Intermediate-Advanced

6:30-7:30 Adults Irish

## Jan Kain

Owner  
 Director  
**PhD, MS, RN**  
 ACE & AFAA  
 Certified



## What's a Dance Jam ?

It's simple. We play amazing music (always new and different) and you move however you like ! Guaranteed fun ! **Thurs 8:30pm**

**Workshops + Events on Back**