



23706 Crenshaw Blvd., #103
 Torrance, CA 90505
 (310) 530-7881
www.celebratelifepilates.com
 Celebrate Life Pilates on FaceBook

Group Class Schedule as of March, 2023

Mondays	4:30 – 5:45pm	Chair Yoga	Pam
Tuesdays	9:00 – 10:15am	Yoga Flow	Pam
Tuesdays	4:30 – 5:45pm	Restorative Yoga	Pam
Wednesdays	9:00 – 10:15am	Yoga Flow	Pam
Thursdays	4:30 – 5:30pm	GYROKINESIS®	JoEllyn
Thursdays	5:30 – 6:30pm	Pilates Mat	JoEllyn
Saturdays	8:00 – 8:30am	Silent Practice	
Saturdays	8:30 – 9:30am	Pilates Mat	JoEllyn
Saturdays	9:45 – 10:45am	GYROKINESIS® Cardiovascular Breathing	JoEllyn
Saturdays	11:00am – 12:00pm	Back Care	JoEllyn
Sundays	9:30 – 10:00am	Silent Practice	
Sundays	10:00 – 11:15am	Restorative Yoga	JoEllyn
Sundays	11:30am – 12:45pm	Hatha Yoga	JoEllyn
Sundays	6:00 – 7:00pm	Dance Conditioning	JoEllyn
Sundays	7:00 – 7:30pm	Silent Practice	

All group classes are \$15 for a single class; \$120 for a series of 10 classes, no expiration; or, \$144 calendar month unlimited. Class sizes are currently limited. Please call or text (310) 530-7881 for reservations.

One private introductory session with JoEllyn is required before participation in any Pilates Mat class. JoEllyn offers an introductory package of \$50 for one private introductory Pilates Mat session with her, and then including three group classes.

Silent Practice – Come and sit in prayer or meditation, any silent practice that suits you. All sessions complimentary.

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