

# ***Common Cents***

*“An inside look into businesses and companies in the City of Torrance”*

**Common Cents** is a half-hour show that explores local companies and small businesses, introduces viewers to the people behind the scenes and provides a comprehensive look at their operations, history and mission. **Common Cents** promotes a supportive relationship among the business community, the city government and the community at large.

**Show #3.08**  
*featuring*  
**YogaFit**

**Cablecast: 3/5/2008-4/2/2008**

YogaFit teaches a unique and dynamic style of yoga that combines traditional fitness training such as sit-ups and push-ups to build strength with traditional yoga postures and focused breathing to provide a complete mind-body workout. Based right here in Torrance, YogaFit also offers a full line of books, CDs and DVDs, as well as a signature clothing line.

For more information, contact:

**YogaFit Training Systems Worldwide, Inc.**

2321 Torrance Blvd.

Torrance CA 90501

(310) 320-0110

[www.yogafit.com](http://www.yogafit.com)

Common Cents airs DAILY on CitiCABLE 3 at 10:30 AM & 4:30 PM

Exclusively on the Torrance Time Warner Cable Television System and [www.tornet.com](http://www.tornet.com)

Since February 1, 2006, shows are archived online at [http://torrance.granicus.com/ViewPublisher.php?view\\_id=7](http://torrance.granicus.com/ViewPublisher.php?view_id=7)

Contact Associate Producer/On-Air Host Marie Choi at [CommonCents@tornet.com](mailto:CommonCents@tornet.com) via e-mail or (310) 618-5762 if you have any questions or would like to be considered for a future episode of *Common Cents*.