



City of Los Angeles, Department of Recreation and Parks



**WELLNESS CLASS SCHEDULE – FALL 2017**

**FREE CLASSES FOR OLDER ADULTS**

**8-Week Session - Most Classes Begin October 2 through November 24, 2017**

**No Classes 10/9, 11/23, 11/24**

*Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Programs subject to change or cancellation.*

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<b><i>AEROBICS</i></b>			
<b>Central Recreation Center</b> 1357 E. 22 <sup>nd</sup> Street, Los Angeles, CA 90011 (213) 485-4435	Tuesdays, 6:00pm-7:00pm	Marycruz	October 2
	Thursdays, 6:30pm-7:30pm	Marycruz	October 5
<b>Delano Recreation Center</b> 15100 Erwin St., Van Nuys, CA 91411 (818) 756-8529	Mondays, 9:30am-10:30am	Joanne	October 2
<b>Hubert Humphrey Recreation Center</b> 12560 Filmore St., Pacoima, CA 91331 (818) 896-6510	<i>Boot Camp Aerobics-</i> Tuesdays, 8:00am-9:00am	Juchell	October 3
<b>Normandie Recreation Center</b> 1550 S. Normandie Ave., Los Angeles, CA 90006 (323) 737-1181	<i>Low Impact Aerobics</i> Fridays, 12:00pm-1:00pm	Yasmin	October 13
<b>Queen Anne Recreation Center</b> 1240 West Blvd., Los Angeles, CA 90019 (323) 857-1180	Thursdays, 10:00am-11:00am	Jessica	October 5

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<b><i>COMPUTERS</i></b>			
<b>Normandale Recreation Center</b> 2240 S. Halldale Ave., Torrance, CA 90501 (310) 548-7706	Wednesdays, 1:00pm-2:00pm	Leo	October 4

<b>PROGRAM</b>	<b>DAY/TIME</b>	<b>INSTRUCTOR</b>	<b>START DATES</b>
<b><i>ARTS &amp; CRAFTS</i></b>			
<b>Green Meadows</b> 431 E. 89 <sup>th</sup> Street, Los Angeles, CA 90003 (323) 565-4242	<i>Painting-</i> Fridays, 10:00am-11:15am	Edwina	October 6
<b>Normandale Recreation Center</b> 22400 South Halldale Ave., Torrance, CA 90501 (310) 328-3689	<i>Painting-</i> Tuesdays, 12:00pm-1:30pm	Edwina	October 3
<b>Queen Anne Recreation Center</b> 1240 West Blvd., Los Angeles, CA 90019 (323) 857-1180	<i>Painting-</i> Mondays, 9:30am-11:00am	Edwina	October 2
<b>Wilmington Recreation Center</b> 325 N. Neptune Ave., Wilmington, CA 90744 (310) 548-7645	<i>Painting-</i> Tuesdays, 10:00am-11:30am	Edwina	October 3

<b>PROGRAM</b>	<b>DAY/TIME</b>	<b>INSTRUCTOR</b>	<b>START DATES</b>
<b><i>LINE DANCING</i></b>			
<b>Branford Recreation Center</b> 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Thursday, 12:30pm-1:30pm	Ingris	October 5
<b>Normandale Recreation Center</b> 22400 South Halldale Ave., Torrance, CA 90501 (310) 328-3689	Thursdays, 10:30am-11:30am	Miss Coco	October 5
<b>Oakwood Recreation Center</b> 767 California Ave., Venice, CA 90291 (310) 452-7479	Thursdays, 11:15am-12:00pm	Jeffrey	October 5
<b>Sun Valley Recreation Center</b> 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	Wednesdays, 10:00am-11:00am	Jeffrey	October 4
<b>Wilmington Recreation Center</b> 325 N. Neptune Ave., Wilmington, CA 90744 (310) 548-7645	Thursdays, 9:00am-10:00am	Miss Coco	October 5

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<b><i>SALSA</i></b>			
<b>Central Recreation Center</b> 1357 E. 22 <sup>nd</sup> Street, Los Angeles, CA 90011 (213) 485-4435	Wednesdays, 6:15pm-7:30pm	Brownie	October 4
<b>Delano Recreation Center</b> 15100 Erwin St., Van Nuys, CA 91411 (818) 756-8529	Thursdays, 9:30am-10:30am	Brownie	October 5
<b>Ramon Garcia Recreation Center</b> 1016 S. Fresno St., Los Angeles, CA 90023 (323) 265-4755	Tuesdays, 6:00pm-7:00pm	Brownie	October 3
<b>Valley Plaza Recreation Center</b> 12240 Archwood St., North Hollywood, CA 91606 (818) 765-5885	Thursdays, 11:15am-12:30pm	Brownie	October 5
<b>Wilmington Recreation Center</b> 325 N. Neptune Ave., Wilmington, CA 90744 (310) 548-7645	<i>Latin Dance-</i> Tuesdays 11:30am-12:30pm	Deidra	October 3

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<b><i>WALKING CLUB</i></b>			
<b>Oakwood Recreation Center</b> 767 California Ave., Venice, CA 90291 (310) 452-7479	Thursdays, 10:30am-11:15am	Jeffrey	October 5

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<b>YOGA</b>			
<b>Branford Recreation Center</b> 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Thursdays, 9:00am-10:00am	Ingris	October 5
<b>Delano Recreation Center</b> 15100 Erwin St., Van Nuys, CA 91411 (818) 756-8529	Tuesdays, 9:30am-10:30am	Angie	October 2
<b>Jackie Tatum / Harvard Recreation Center</b> 1535 West 62nd St., Los Angeles, CA 90047 (323) 778-2579	Mondays, 6:00pm-7:00pm	Maria	October 2
<b>Mason Recreation Center</b> 10500 Mason Ave., Chatsworth, CA 91311 (818) 998-6377	<i>Chair Yoga-</i> Mondays, 10:30am-11:30am	Don	October 2
<b>Normandie Recreation Center</b> 1550 S. Normandie Ave., Los Angeles, CA 90006 (323) 737-1181	Mondays, 1:15pm-1:45pm  Fridays, 1:15pm-1:45pm	Yasmin  Yasmin	October 16  October 13
<b>Penmar Recreation Center</b> 1341 Lake St., Venice, CA 90291 (310) 396-8735	<i>Mixed Levels-</i> Wednesdays, 9:00am-10:00am  <i>Gentle Yoga-</i> Wednesdays, 10:30am-11:30am	Susan  Susan	October 4  October 4
<b>Westwood Recreation Center</b> 1350 S. Sepulveda Blvd. Los Angeles, CA 90025 (310) 473-3610	<i>Yoga Stretch</i> Wednesdays, 6:00pm-7:00pm  <i>Yoga Gentle</i> Fridays, 12:30pm-1:30pm	Laura  Tessa	October 4  October 6

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<b>ZUMBA</b>			
<b>Branford Recreation Center</b> 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Thursdays, 10:00am-11:00am	Ingris	October 5
<b>Green Meadows</b> 431 E. 89 <sup>th</sup> Street. , Los Angeles, CA 90003 (323) 565-4242	Tuesdays, 12:00pm-1:00pm	Yasmin	October 3
<b>Jackie Tatum / Harvard Recreation Center</b> 1535 West 62nd St., Los Angeles, CA 90047 (323) 778-2579	Tuesdays, 10:30am-11:30am	Yasmin	October 3
<b>Martin Luther King Jr. Recreation Center</b> 3916 South Western Ave., Los Angeles, CA 90062 (213) 847-0878	Thursdays, 6:00pm-7:00pm	Jeze	October 5
<b>Normandie Recreation Center</b> 1550 S. Normandie Ave., Los Angeles, CA 90006 (323) 737-1181	Mondays, 12:00pm-1:00pm	Yasmin	October 16
<b>Penmar Recreation Center</b> 1341 Lake St., Venice, CA 90291 (310) 396-8735	Thursdays, 10:00am-11:00am	Kevin	October 5
<b>Sun Valley Recreation Center</b> 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	Wednesdays, 1:00pm-2:00pm	Joanne	October 4
<b>Valley Plaza Recreation Center</b> 12240 Archwood St., North Hollywood, CA 91606 (818) 765-5885	Tuesdays, 10:00am-11:00am	Joanne	October 2

<b>PROGRAM</b>	<b>DAY/TIME</b>	<b>INSTRUCTOR</b>	<b>START DATES</b>
<b><i>ADDITIONAL WELLNESS CLASSES</i></b>			
<b>Green Meadows</b> 431 E. 89th St., Los Angeles, CA 90003 (323) 565-4242	<i>Kickboxing</i> Thursdays, 6:30pm-7:15pm	Angelica	October 5
<b>Jackie Tatum / Harvard Recreation Center</b> 1535 West 62nd St., Los Angeles, CA 90047 (323) 778-2579/Harvard	<i>Stretching</i> Thursdays, 11:00am-12:00pm	Maria	October 19
<b>Jim Gilliam Recreation Center</b> 4000 S. La Brea Ave., Los Angeles, CA 90008 (323) 291-5928	<i>Fitness for Everyday Living-</i> Tuesdays, 10:00am-11:00am	Tenesha	October 3
	<i>Chair Cardio &amp; Meditation-</i> Thursdays, 10:00am-11:00am	Tenesha	October 5
<b>Martin Luther King Jr. Recreation Center</b> 3916 South Western Ave., Los Angeles, CA 90062 (213) 847-0878	<i>Fitness-</i> Thursdays, 7:00pm-8:00pm	Salvador	October 5
	<i>Workout With Weights-</i> Fridays, 12:30pm-2:00pm	Salvador	October 6
<b>Mason Recreation Center</b> 10500 Mason Ave., Chatsworth, CA 91311 (818) 998-6377	<i>Volleyball Clinic</i> Wednesdays, 11:30am-12:30pm	Nathan	October 4
	<i>Chair Exercise-</i> Thursdays, 11:00am-12:00pm	Alex	October 5
<b>Oakwood Recreation Center</b> 767 California Ave., Venice, CA 90291 (310) 452-7479	<i>Fitness-</i> Fridays, 11:15am-12:00pm	Joanne	October 6
<b>Queen Anne Recreation Center</b> 1240 West Blvd., Los Angeles, CA 90019 (323) 857-1180	<i>Volleyball Clinic-</i> Mondays, 6:30pm-7:30pm	Jessica	October 2
<b>Sun Valley Recreation Center</b> 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	<i>Stretching-</i> Wednesdays, 11:00am-11:45am	Jeffrey	October 4
<b>Westwood Recreation Center</b> 1350 S. Sepulveda Blvd., Los Angeles, CA 90025 (310) 473-3610	<i>Martial Arts For Older Adults</i> Saturdays, 4:00pm-5:00pm	Renshi	October 6