



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS**



FREE

**WELLNESS PROGRAMS
OLDER ADULTS**

SELF-DEFENSE - MARATHON CLUB - WALKING CLUB - ZUMBA - YOGA - SALSA FITNESS - LINE DANCING - DANCE FITNESS - ZUMBA GOLD - CHAIR AEROBICS - WALKING/STRETCHING - DANCING - COMPUTERS - CRAFTS - BOOT CAMP - SEWING - ADULT 55+ AEROBICS

PARTICIPATING RECREATION CENTERS:

Central Park Recreation Center
1357 East 22nd Street
Los Angeles, CA 90011
(213) 485-4435

Hazard Park Recreation Center
2230 Norfolk Street
Los Angeles, CA 90033
(213) 485-6839

Ross Snyder Recreation Center
1501 East 41st Street
Los Angeles, CA 90011
(323) 231-3964

Delano Recreation Center
15100 Erwin Street
Van Nuys, CA 91411
(818) 756-8529

Jackie Tatum/Harvard Rec. Center
1535 W.62nd Street
Los Angeles, CA 90047
(323) 778-2579

Seoul International Rec. Center
3250 San Marino Street
Los Angeles, CA 90006
(213) 383-7549

Elysian Valley Recreation Center
1811 Ripple Street
Los Angeles, CA 90039
(323) 666-5058

Martin Luther King Jr. Rec. Center
3916 South Western Avenue
Los Angeles, CA 90062
(213) 847-0878

Sun Valley Recreation Center
8133 Vineland Avenue
Sun Valley, CA 91252
(818) 767-6151

Harbor City Recreation Center
24901 Frampton Avenue
Harbor City, CA 90710

Normandale Recreation Center
22400 S. Halldale Avenue
Torrance, CA 90501
(310) 328-3689

Toberman Recreation Center
1725 Toberman Street
Los Angeles, CA 90015
(213) 485-6896

Oakwood Recreation Center
767 California Avenue
Venice, CA 90291
(310) 452-7479

Valley Plaza Recreation Center
12240 Archwood Street
North Hollywood, CA 91606
(818) 765-5885

Ramon Garcia Recreation Center
1016 Fresno Street
Los Angeles, CA 90023
(323) 265-4755

Wilmington Recreation Center
325 N. Neptune Avenue
Wilmington, CA 90744
(310) 548-7645



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