



RECREATION CENTER: 4721 KLAMATH ST LOS ANGELES CA, 90032/ OFFICE: (323)225-3517
SENIOR CENTER: 4818 KLAMATH PL. LOS ANGELES, CA 90032/ OFFICE: (323) 222-2040
EMAIL: ELSERENO.RECREATIONCENTER@LACITY.ORG

INTENSE

Yoga

CLASS BEGINS:
JANUARY 30, 2024

A CROSS BETWEEN YOGA & HIGH INTENSITY INTERVAL TRAINING

EVERY TUESDAY & THURSDAY
7:00PM-8:00PM
EL SERENO SENIOR CENTER
\$25.00 MONTHLY

LET'S BREAK A SWEAT,
IMPROVE CIRCULATION,
RELIEVE STRESS,
INCREASE FLEXIBILITY,
RELIEVE PAIN, &
MANAGE WEIGHT!

SCAN TO REGISTER



PERSONS WITH DISABILITIES ARE WELCOMED TO PARTICIPATE IN OUR CLASSES AND PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE. PAYMENT BY CASH, CHECK/MONEY ORDER PAYABLE TO : CITY OF LA . VISA/MASTERCARD ACCEPTED.REFUND POLICY: "FULL REFUNDS ARE ONLY ISSUED WHEN THE RECREATION CENTER CANCELS THE ACTIVITY. A 15% CANCELLATION FEE IS ASSESSED FOR ALL REFUNDS."A COLLECTION FEE WILL BE CHARGED FOR EACH CHECK RETURNED BY THE BANK.
ALL PROGRAMS SUBJECT TO CANCELLATION WITHOUT NOTICE

