

CITY OF LOS ANGELES * DEPARTMENT OF RECREATION AND PARKS

Montecito Heights Senior Citizen Center



4545 Homer Street Los Angeles, CA. 90031

Phone: 213-485-8550 rap.montecitoheights.seniorcenter@lacity.org



**Register
Now!**

EXERCISE CLASS FOR SENIORS VIRTUAL EXERCISE

APRIL 8—JUNE 11

COST: FREE



**MONDAYS
10:00AM-11:00AM**

BENEFITS

- Increase strength
- Cardio endurance
- Flexibility
- Balance/Coordination

EVERY STEP IS PROGRESS!

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made available with prior arrangements.

Achieving gender equity through a continuous commitment to girls and women in sports. All classes and programs are subject to change and/or cancellation.

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Registro
¡Hoy!

CLASE DE EJERCICIO PARA MAYORES EJERCICIO VIRTUAL

8, DE ABRIL—11, DE JUNIO

COSTO: GRATIS



LUNES
10:00AM-11:00AM

BENEFITS

- Aumentar la fuerza
- Resistencia cardiovascular
- Flexibilidad
- Balance/Coordinación

¡CADA PASO ES PROGRESO!

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