



City of Los Angeles Department of Recreation and Parks

Valley Plaza Recreation Center

12240 Archwood Ave, North Hollywood, CA 91606 (818) 765-5885; Fax (818) 756-7674

Office Hours: Mon-Fri 9:00 am to 10:00 pm, Sat and Sun 9:00 am to 5:00 pm

<http://www.laparks.org/dos/reccenter/facility/valleyPlazaRC.htm>

T.O.P.S. Club



Every Tuesday

10:00a.m-11:30a.m.

- Ongoing program.
- All ages
- Membership Fee: \$26.00 per yr.
- Location-Small Gym
- Contact: Lupe Lopez
- (818)831-7029/(818)359-8212

Take Off Pounds Sensibly!!!! Come join us every Tuesday morning for health guidance on nutrition, weight control and exercise.



Good Sportsmanship is strictly enforced.

*** Dates and fees are subject to change. Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement.**