



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



FREE

**WELLNESS PROGRAMS
FOR ADULTS**

*AEROBICS - WALKING CLUB - ZUMBA - YOGA - SALSA FITNESS - LINE DANCING - DANCE FITNESS
- ZUMBA GOLD - CHAIR AEROBICS - WALKING/STRETCHING - DANCING - COMPUTERS - CRAFTS*

Fall Classes Begin October 2018

PARTICIPATING RECREATION CENTERS:

Branford Recreation Center
13306 Branford Street
Arleta, CA 91331
(818) 893-4923

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

Evergreen Rec. Center
2844 East 2nd Street
Los Angeles, CA 90033
(323) 262-0397

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

Echo Park Rec. Center
1632 Bellevue Ave.
Los Angeles, CA 90026
(213) 250-3578

Green Meadows R.C.
431 East 89th Street
Los Angeles, CA 90003
(323) 565-4242



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

Hoover Recreation Center
1010 W. 25th St.,
Los Angeles, CA 90007
(213) 749-8896

Additional sites listed on back

Download Fall Class Schedule at www.laparks.org/scc

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

ADDITIONAL PARTICIPATING RECREATION CENTERS:

Hubert Humphrey R.C.
12560 Filmore Street
Pacoima, CA 91331
(818) 896-6510

North Hollywood Rec. Center
11430 Chandler Blvd.
North Hollywood, CA 90068
(818) 763-7651

South LA Activity Center
7020 S. Figueroa Street
Los Angeles, 90003
(323) 758-8716

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

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

Stoner Recreation Center
1835 Stoner Ave.
Los Angeles, CA 90025
(310) 479-7200

Jim Gilliam Recreation Center
4000 S. La Brea Blvd.
Los Angeles, CA 90008
(323) 291-5928

Pecan Recreation Center
145 S. Pecan Street
Los Angeles, CA 90033
(323) 262-2736

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

Lake Street Community Center
227 N. Lake Street
Los Angeles, CA 90026
(213) 207-2196

Poinsettia Rec. Center
7341 Willoughby Ave.
Los Angeles, CA 90046
(323) 876-5014

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

Lanark Recreation Center
21816 Lanark Street
Canoga Park, CA 91304
(818) 883-1503

Rose Hill Recreation Center
4530 Mercury Ave.
Los Angeles, CA 90032
(323) 225-0450

Wilmington Rec. Center
325 N. Neptune Ave.
Wilmington, CA 90744
(310) 548-7645

Martin Luther King Jr. R.C.
3916 South Western Ave.
Los Angeles, CA 90062
(213) 847-0878

Rosecrans Rec. Center
840 W. 149th St.
Gardena, CA 90247
(310) 327-3653

Winnetka Rec. Center
8401 Winnetka Ave.
Winnetka, CA 91306
(818) 756-7876

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

Saint Andrews Rec. Center
8701 St. Andrews Pl.
Los Angeles, CA 90047
(213) 485-1715

**For more information on the Wellness Program
or to find a free adult class near you, please call (213) 485-7512
Or email to RAP.SeniorCitizens@lacity.org**