



City of Los Angeles, Department of Recreation and Parks

WELLNESS CLASS SCHEDULE – FALL 2017



FREE CLASSES FOR OLDER ADULTS

8-Week Session - Most Classes Begin October 2 through November 24, 2017

No Classes 10/9, 11/23, 11/24

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

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>AEROBICS</i>			
Central Recreation Center 1357 E. 22 nd Street, Los Angeles, CA 90011 (213) 485-4435	Tuesdays, 6:00pm-7:00pm	Marycruz	October 2
	Thursdays, 6:30pm-7:30pm	Marycruz	October 5
Delano Recreation Center 15100 Erwin St., Van Nuys, CA 91411 (818) 756-8529	Mondays, 9:30am-10:30am	Joanne	October 2
Harbor City Recreation Center 24901 Frampton Ave., Harbor City, CA 90710 (310) 548-7729	<i>Chair Aerobics-</i> Thursday, 9:30am-10:30am	Regina	October 5
Hubert Humphrey Recreation Center 12560 Filmore St., Pacoima, CA 91331 (818) 896-6510	<i>Boot Camp Aerobics-</i> Tuesdays, 8:00am-9:00am	Juchell	October 3
Normandie Recreation Center 1550 S. Normandie Ave., Los Angeles, CA 90006 (323) 737-1181	<i>Low Impact Aerobics</i> Fridays, 12:00pm-1:00pm	Yasmin	October 13
Queen Anne Recreation Center 1240 West Blvd., Los Angeles, CA 90019 (323) 857-1180	Thursdays, 10:00am-11:00am	Jessica	October 5
Ross Snyder Recreation Center 1501 E. 41 st Street, Los Angeles, CA 90011 (323) 213-3964	Thursdays, 5:00pm-6:00pm	Marycruz	October 5
Seoul International Park 3250 San Marino St, Los Angeles, CA 90006 (213) 383-7549	Mondays, 12:00pm-1:00pm	Mykie	October 2

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>ARTS & CRAFTS</i>			
Green Meadows 431 E. 89 th Street, Los Angeles, CA 90003 (323) 565-4242	<i>Painting-</i> Fridays, 10:00am-11:15am	Edwina	October 6
Harbor City Recreation Center 24901 Frampton Ave., Harbor City, CA 90710 (310) 548-7729	<i>Painting-</i> Thursdays, 12:30pm-2:00pm	Edwina	October 5
Hazard Recreation Center 2230 Norfolk St., Los Angeles, CA 90033 (213) 485-6839	<i>Painting-</i> Wednesdays, 11:30am-1:00pm	Edwina	October 4
Normandale Recreation Center 22400 South Halldale Ave., Torrance, CA 90501 (310) 328-3689	<i>Painting-</i> Tuesdays, 12:00pm-1:30pm	Edwina	October 3
Queen Anne Recreation Center 1240 West Blvd., Los Angeles, CA 90019 (323) 857-1180	<i>Painting-</i> Mondays, 9:30am-11:00am	Edwina	October 2
Ramon Garcia Recreation Center 1016 S. Fresno St., Los Angeles, CA 90023 (323) 265-4755	<i>Painting-</i> Wednesdays, 9:30am-11:00am	Edwina	October 4
	<i>Mobile Photography-</i> Thursdays, 1:15pm-2:15pm	Leo	October 5
Ross Snyder Recreation Center 1501 E. 41 st Street, Los Angeles, CA 90011 (323) 213-3964	<i>Painting-</i> Thursdays, 10:00am-11:30am	Edwina	October 5
Seoul International Park 3250 San Marino St., Los Angeles, CA 90006 (213) 383-7549	<i>Embroidery-</i> Mondays, 1:00pm-2:00pm	Mykie	October 2
Shatto Recreation Center 3191 W. 4th St., Los Angeles, CA 90020 (213) 386-8877	<i>Painting-</i> Mondays, 11:30am-1:00pm	Edwina	October 2
Sun Valley Recreation Center 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	<i>Sewing-</i> Tuesdays, 10:30am-11:30am	Mykie	October 3
Valley Plaza Recreation Center 12240 Archwood St., North Hollywood, CA 91606 (818) 765-5885	<i>Sewing-</i> Tuesdays, 9:00am-10:00am	Mykie	October 3
Wilmington Recreation Center 325 N. Neptune Ave., Wilmington, CA 90744 (310) 548-7645	<i>Painting-</i> Tuesdays, 10:00am-11:30am	Edwina	October 3

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>COMPUTERS</i>			
Normandale Recreation Center 2240 S. Halldale Ave., Torrance, CA 90501 (310) 548-7706	Wednesdays, 1:00pm-2:00pm	Leo	October 4

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>LINE DANCING</i>			
Branford Recreation Center 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Thursday, 12:30pm-1:30pm	Ingris	October 5
Normandale Recreation Center 22400 South Halldale Ave., Torrance, CA 90501 (310) 328-3689	Thursdays, 10:30am-11:30am	Miss Coco	October 5
Oakwood Recreation Center 767 California Ave., Venice, CA 90291 (310) 452-7479	Thursdays, 11:15am-12:00pm	Jeffrey	October 5
Shatto Recreation Center 3191 W. 4th St., Los Angeles, CA 90020 (213) 386-8877	Fridays, 11:00am-12:00pm	Jeffrey	October 6
Sun Valley Recreation Center 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	Wednesdays, 10:00am-11:00am	Jeffrey	October 4
Wilmington Recreation Center 325 N. Neptune Ave., Wilmington, CA 90744 (310) 548-7645	Thursdays, 9:00am-10:00am	Miss Coco	October 5

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>SALSA</i>			
Central Recreation Center 1357 E. 22 nd Street, Los Angeles, CA 90011 (213) 485-4435	Wednesdays, 6:15pm-7:30pm	Brownie	October 4
Delano Recreation Center 15100 Erwin St., Van Nuys, CA 91411 (818) 756-8529	Thursdays, 9:30am-10:30am	Brownie	October 5
Ramon Garcia Recreation Center 1016 S. Fresno St., Los Angeles, CA 90023 (323) 265-4755	Tuesdays, 6:00pm-7:00pm	Brownie	October 3
Valley Plaza Recreation Center 12240 Archwood St., North Hollywood, CA 91606 (818) 765-5885	Thursdays, 11:15am-12:30pm	Brownie	October 5
Wilmington Recreation Center 325 N. Neptune Ave., Wilmington, CA 90744 (310) 548-7645	<i>Latin Dance-</i> Tuesdays 11:30am-12:30pm	Deidra	October 3

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>WALKING CLUB</i>			
Harbor City Recreation Center 24901 Frampton Ave., Harbor City, CA 90710 (310) 548-7729	Wednesdays, 9:30am-10:30am	Regina	October 4
Oakwood Recreation Center 767 California Ave., Venice, CA 90291 (310) 452-7479	Thursdays, 10:30am-11:15am	Jeffrey	October 5
Seoul International Park 3250 San Marino St, Los Angeles, CA 90006 (213) 383-7549	Mondays, 2:00pm-3:00pm	Mykie	October 2
Shatto Recreation Center 3191 W. 4 th St., Los Angeles, CA 90020 (213) 386-8877	Fridays, 10:00am-10:45am	Jeffrey	October 6

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
YOGA			
Branford Recreation Center 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Thursdays, 9:00am-10:00am	Ingris	October 5
Delano Recreation Center 15100 Erwin St., Van Nuys, CA 91411 (818) 756-8529	Tuesdays, 9:30am-10:30am	Angie	October 2
Hubert Humphrey Recreation Center 12560. Filmore St., Pacoima, CA 91331 (818) 896-6510	Wednesdays, 10:00am-11:00am	Danny	October 4
Jackie Tatum / Harvard Recreation Center 1535 West 62nd St., Los Angeles, CA 90047 (323) 778-2579	Mondays, 6:00pm-7:00pm	Maria	October 2
Mason Recreation Center 10500 Mason Ave., Chatsworth, CA 91311 (818) 998-6377	<i>Chair Yoga-</i> Mondays, 10:30am-11:30am	Don	October 2
Normandie Recreation Center 1550 S. Normandie Ave., Los Angeles, CA 90006 (323) 737-1181	Mondays, 1:15pm-1:45pm	Yasmin	October 16
	Fridays, 1:15pm-1:45pm	Yasmin	October 13
Penmar Recreation Center 1341 Lake St., Venice, CA 90291 (310) 396-8735	<i>Mixed Levels-</i> Wednesdays, 9:00am-10:00am	Susan	October 4
	<i>Gentle Yoga-</i> Wednesdays, 10:30am-11:30am	Susan	October 4
Ross Snyder Recreation Center 1501 E. 41 st Street, Los Angeles, CA 90011 (323) 213-3964	Tuesdays, 1:45pm-2:45pm	Yasmin	October 3
Toberman Recreation Center 1725 Toberman St. Los Angeles, CA 90015 213) 485-6896	Wednesdays, 9:30am-10:30am	Charly	October 4
Westwood Recreation Center 1350 S. Sepulveda Blvd. Los Angeles, CA 90025 (310) 473-3610	<i>Yoga Stretch</i> Wednesdays, 6:00pm-7:00pm	Laura	October 4
	<i>Yoga Gentle</i> Fridays, 12:30pm-1:30pm	Tessa	October 6

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
ZUMBA			
Branford Recreation Center 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Thursdays, 10:00am-11:00am	Ingris	October 5
Green Meadows 431 E. 89 th Street. , Los Angeles, CA 90003 (323) 565-4242	Tuesdays, 12:00pm-1:00pm	Yasmin	October 3
Hazard Recreation Center 2230 Norfolk St., Los Angeles, CA 90033 (213) 485-6839	Tuesdays, 9:00am-10:00am	Jeze	October 3
Hubert Humphrey Recreation Center 12560. Filmore St., Pacoima, CA 91331 (818) 896-6510	Tuesdays, 7:30pm-8:30pm	Bianca	October 10
Jackie Tatum / Harvard Recreation Center 1535 West 62nd St., Los Angeles, CA 90047 (323) 778-2579	Tuesdays, 10:30am-11:30am	Yasmin	October 3
Martin Luther King Jr. Recreation Center 3916 South Western Ave., Los Angeles, CA 90062 (213) 847-0878	Thursdays, 6:00pm-7:00pm	Jeze	October 5
Normandie Recreation Center 1550 S. Normandie Ave., Los Angeles, CA 90006 (323) 737-1181	Mondays, 12:00pm-1:00pm	Yasmin	October 16
Penmar Recreation Center 1341 Lake St., Venice, CA 90291 (310) 396-8735	Thursdays, 10:00am-11:00am	Kevin	October 5
Sun Valley Recreation Center 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	Wednesdays, 1:00pm-2:00pm	Joanne	October 4
Toberman Recreation Center 13306 Branford St., Arleta, CA 91331 (818) 893-4923	Mondays, 10:00am-11:00am	Jeze	October 2
Valley Plaza Recreation Center 12240 Archwood St., North Hollywood, CA 91606 (818) 765-5885	Tuesdays, 10:00am-11:00am	Joanne	October 2

PROGRAM	DAY/TIME	INSTRUCTOR	START DATES
<i>ADDITIONAL WELLNESS CLASSES</i>			
Green Meadows 431 E. 89th St., Los Angeles, CA 90003 (323) 565-4242	<i>Kickboxing</i> Thursdays, 6:30pm-7:15pm	Angelica	October 5
Hazard Recreation Center 2230 Norfolk St., Los Angeles, CA 90033 (213) 485-6839	<i>Tai Chi-</i> Mondays, 9:30am-10:30am	Charly	October 2
Jackie Tatum / Harvard Recreation Center 1535 West 62nd St., Los Angeles, CA 90047 (323) 778-2579/Harvard	<i>Stretching</i> Thursdays, 11:00am-12:00pm	Maria	October 19
Jim Gilliam Recreation Center 4000 S. La Brea Ave., Los Angeles, CA 90008 (323) 291-5928	<i>Fitness for Everyday Living-</i> Tuesdays, 10:00am-11:00am Tuesdays, 11:00am-12:00pm <i>Chair Cardio & Meditation-</i> Thursdays, 10:00am-11:00am	Tenesha Tenesha Tenesha	October 3 October 3 October 5
Martin Luther King Jr. Recreation Center 3916 South Western Ave., Los Angeles, CA 90062 (213) 847-0878	<i>Fitness-</i> Thursdays, 7:00pm-8:00pm <i>Workout With Weights-</i> Fridays, 12:30pm-2:00pm	Salvador Salvador	October 5 October 6
Mason Recreation Center 10500 Mason Ave., Chatsworth, CA 91311 (818) 998-6377	<i>Volleyball Clinic</i> Wednesdays, 11:30am-12:30pm <i>Chair Exercise-</i> Thursdays, 11:00am-12:00pm	Nathan Alex	October 4 October 5
Oakwood Recreation Center 767 California Ave., Venice, CA 90291 (310) 452-7479	<i>Fitness-</i> Fridays, 11:15am-12:00pm	Joanne	October 6
Queen Anne Recreation Center 1240 West Blvd., Los Angeles, CA 90019 (323) 857-1180	<i>Volleyball Clinic-</i> Mondays, 6:30pm-7:30pm	Jessica	October 2
Sun Valley Recreation Center 8133 Vineland Ave., Sun Valley, CA 91352 (818) 767-6151	<i>Stretching-</i> Wednesdays, 11:00am-11:45am	Jeffrey	October 4
Toberman Recreation Center 1725 Toberman St., Los Angeles, CA 90015 (213) 485-6896	<i>Stretching-</i> Mondays, 9:00am-9:45am	Jeze	October 2
Westwood Recreation Center 1350 S. Sepulveda Blvd., Los Angeles, CA 90025 (310) 473-3610	<i>Martial Arts For Older Adults</i> Saturdays, 4:00pm-5:00pm	Renshi	October 6