

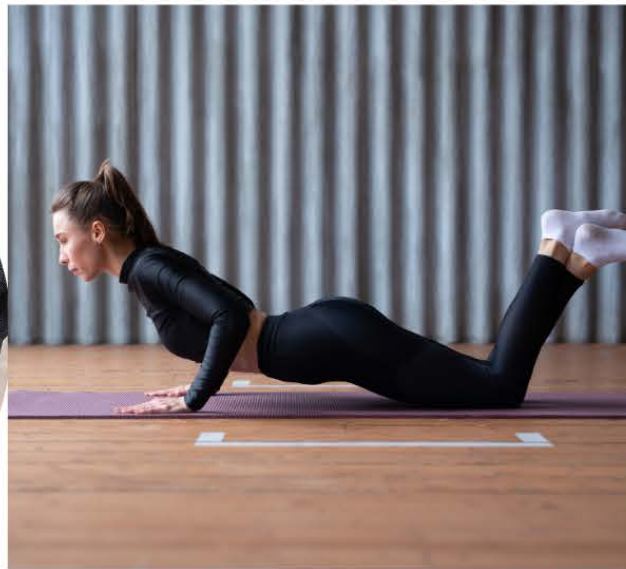


CITY OF LOS ANGELES | DEPARTMENT OF RECREATION & PARKS
4000 S LA BREA AVE, LOS ANGELES, CA 90008

(323) 291-5969

JIMGILLIAM.RECREATIONCENTER@LACITY.ORG

JIM GILLIAM LONGEVITY CENTER 50+ Class



Free with membership!

Body Weight Fitness Class

When: Mondays

Date: 4/22 -6/21/2024

Time: 6:00 PM-6:30 PM

Just 30 minutes daily can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

Sign up today!

Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Activities, trips and programs may be subject to cancellation.