

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

FAIRFAX SENIOR CITIZENS CENTER

7929 MELROSE AVE LOS ANGELES 90046 | (323) 653-1824 | LAPARKS.ORG/SCC/FAIRFAX

Body Moves

for better health

STRETCHING AND STANDING EXERCISES

EVERY FRIDAY

1:30PM TO 2:30PM

free



Mayor Karen Bass



COUNCILWOMAN

KATY YAROSLAVSKY

LOS ANGELES COUNCIL DISTRICT 5

MUST BE A CENTER MEMBER TO JOIN CLASS. MAXIMUM 20 PEOPLE PER CLASS. PROGRAMMING SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENT.