



CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION AND PARKS  
MAR VISTA RECREATION CENTER  
310-398-5982



# KARATE CLASS

## SHOTOKAN KARATE- TRADITIONAL JAPANESE MARTIAL ARTS

### HEAD INSTRUCTOR

**KEI FUKUDA-6TH DAN JAPAN KARATE  
ASSOCIATION**

### ASSISTANT INSTRUCTORS

- HOLLY FORSYTHE-5TH DAN
- MARY BETH MACALUSO-4TH DAN
- SANJAR ZAFAR-4TH DAN

# JAPANESE MARTIAL ARTS



**MON  
&  
FRI  
7:15PM**

**OPEN TO ALL  
AGES 7 & UP**

**YOUTH \$75.00 / MONTH FOR 8 WEEKS**

**ADULTS \$25.00 / MONTH FOR 8 WEEKS**

**REGISTRATION START DATE: AUGUST 2ND**

**8 WEEK SESSION AUG 5TH-SEP 30TH**

**AFTER 8 WEEK SESSION \$25/MONTH FOR ALL**

**AGES**

ALL INFORMATION SUBJECT TO CHANGE WITHOUT NOTICE.  
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.  
REASONABLE ACCOMMODATIONS WILL BE MADE PRIOR TO ARRANGEMENTS. PLEASE BE  
AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT  
YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE

**EARLY REGISTRATION STARTS NOW**



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INSTRUCTOR MARGO NICOLE HAS BEEN CERTIFIED HAS A PRIVATE TRAINER & HOLISTIC HEALTH COACH FOR OVER 12 YEARS. DEDICATED TO IMPROVING TOGETHER EACH MORNING!  
PLEASE JOIN TODAY!

# LET'S GO

# ***RUNNING***

Begin with 20 minutes of brisk walking or light jogging, and gradually increase your time and speed as you get stronger

## **>>> BENEFITS**

- ✘ Weight Management**
- ✘ Stronger Muscles and Bones**
- ✘ Enhanced Immune System**
- ✘ Better Sleep Quality**

## **8WEEK TRANSFORMATION**

**\$175.00**

**MON OR WEDS**



**REGISTRATION START DATE: AUG 2ND**  
**8 WEEK SESSION AUG 5TH-SEP 30TH**

**>>> MON OR WEDS >>>**  
**9:00AM-10AM**

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Persons with Disabilities are welcome to participate in our programs. Reasonable accommodations will be made prior to arrangements. Please be aware that some accommodations may take 30 days or longer.

Please submit your request for an accommodation as soon as possible



# CHILDRENS CIRCLE READING TIME



**TUES OR WEDS**  
**12:30PM-2:30PM**  
**AGES 4-5**

Please join Ms. Margo who has spent over 20 years tutoring and providing improved reading and comprehension through creative writing and fun reading comprehension workshops. Creating great readers & Authors through read along instructed reading, comprehension, & fun creative book writing.

By the end of our 8 week course, all students will create their own collaborative book and will present to their family and friend's a story time illustrated and written by themselves.

**\$175/ FOR 8 WEEKS**  
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START YOUR DAY WITH US  
**MORNING STRETCH  
PRACTICE**

THURSDAY 'S

\$175.00

8 WEEK CLASS

9AM-10AM



**PLEASE BRING YOGA MAT**

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**MONDAY OR FRIDAY**

**1-2PM**



**Movement**



**Healthy**



**Aerobics**

**\$175 FOR 8 WEEKS**

# **CHAIR AEROBICS**

**FOR SENIORS**

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# AFRO CARIBBEAN ZUMBA



WITH

# MARGO NICOLE SUMMER/FALL SESSION

**\$175 FOR  
8 WEEKS OF  
FUN!**

LET'S GET IN SHAPE!  
WHILE DANCING!!

**JOIN NOW!  
TUESDAYS  
9AM-10AM**

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8 WEEK SESSION AUG 5TH-SEP 30TH**



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