

CITY OF LOS ANGELES \* DEPARTMENT OF RECREATION AND PARKS

# Montecito Heights Senior Citizen Center



4545 Homer Street Los Angeles, CA. 90031

Phone: 213-485-8550 rap.montecitoheights.seniorcenter@lacity.org



**Register  
Now!**

## EXERCISE CLASS FOR SENIORS VIRTUAL EXERCISE

JULY 22—SEPTEMBER 16

COST: FREE



**MONDAYS**  
**10:00AM-11:00AM**

**BENEFITS**

- Increase strength
- Cardio endurance
- Flexibility
- Balance/Coordination

## EVERY STEP IS PROGRESS!

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made available with prior arrangements.

Achieving gender equity through a continuous commitment to girls and women in sports.

All classes and programs are subject to change and/or cancellation.

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Registro  
¡Hoy!

## CLASE DE EJERCICIO PARA MAYORES EJERCICIO VIRTUAL

22, DE JULIO—16, DE SEPTIEMBRE

COSTO: GRATIS



LUNES  
10:00AM-11:00AM

### BENEFITS

- Aumentar la fuerza
- Resistencia cardiovascular
- Flexibilidad
- Balance/Coordinación

## ¡CADA PASO ES PROGRESO!

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made available with prior arrangements. Achieving gender equity through a continuous commitment to girls and women in sports. All classes and programs are subject to change and/or cancellation.