



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

ROZ WYMAN-PALMS PARK

2950 OVERLAND AVENUE, LOS ANGELES, CA 90064

310.838.3838 OR 310.202.4531

PALMS.RECREATIONCENTER@LACITY.ORG



# ADULT CHAIR EXERCISE



Join Tesha in a gentle exercise class for adults ages 50 and up. This class focuses on movement while sitting, allowing you to keep up at your own pace. Work on improving balance, muscle work and flexibility in all life stages.

**Thursdays**

**10:00 A.M. - 10:45 A.M.**

**\$40/month**

A 15% administrative fee will be assessed by the City of Los Angeles Dept. of Recreation and Parks for any patron granted a refund. Full refunds will only be given if a program is cancelled by the center. There are no refunds or credits for missed days.

Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.