



City of Los Angeles Department of Rec and Parks.
 Robert M. Wilkinson Multipurpose Center
 8956 Vanalden Ave.
 Northridge Ca,91324
 (818)756-7741



Wilkinson.seniorcenter@lacity.org

Thursday Yoga Class



Strengthen Your Mind & Body!

**Improve
Flexibility
and
Posture**

April 3,2025 –MAY 22,2025

Time 8:45am–9:45am

Fee \$25

8 Session

**Sculpt,
Tone, and
Renew
Your Body**

Registration is in room #4 or online



Instagram wilkinson.seniorcenter



* PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PRO GRAMS .REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARANGEMENTS.PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE*