

REGISTRATION BEGINS / INSCRIPCIÓN COMIENZAN: 8/26/24



WELLNESS CLASSES FOR ADULTS

CLASES DE BIENESTAR PARA ADULTOS

Walking Class

Clase de Caminata

| Days/ Días | Ages / Edades | Time / Tiempo |
|---|---------------|----------------------|
| Wednesday-Friday <i>Miércoles –Viernes</i> | 18+ | 9:00 am- 10:00 am |



All information is subject to change and/or cancellation at any time.

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

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.

Toda la información está sujeta a cambios y/o cancelaciones en cualquier momento.

Logrando la equidad del genero por medio de continuo compromiso de niñas y mujeres en deportes.

Personas con discapacidades son bienvenidas para participar en nuestros programas.

Se harán acomodaciones razonables con arreglos previos. Tenga en cuenta que algunos acomodaciones pueden tardar 30 días o más.



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City of Los Angeles Department of Recreation and Parks

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