

**FREE**



**GRATIS**

**REGISTRATION IS ONGOING FOR THESE CLASS**

# WELLNESS CLASSES FOR ADULTS



**LAS INSCRIPCIONES ESTÁN EN CURSO PARA ESTAS CLASES**

## CLASES DE BIENESTAR PARA ADULTOS

| MONDAY/LUNES   | TUESDAY/MARTES   | WEDNESDAY/MIERCOLES  | THURSDAY/JUEVES  | FRIDAY/VIERNES   |
|--|--|--|--|--|
| Senior Soccer /<br>Futbol para<br>Personas Mayores<br><br>9:00am-11:00am       | Walking Class /<br>Clase de Caminar<br><br>9:00am-10:00am                        | Senior Soccer /<br>Futbol para<br>Personas Mayores<br><br>9:00am-11:00am       | Walking Class /<br>Clase de Caminar<br><br>9:00am-10:00am  | Senior Soccer /<br>Futbol para<br>Personas Mayores<br><br>9:00am-11:00am       |
| Walking Class /<br>Clase de Caminar<br><br>9:00am-10:00am                      | Chair Meditation /<br>Meditación en Silla<br><br>9:00am-10:00am                  | Walking Class /<br>Clase de Caminar<br><br>9:00am-10:00am                      | Stretch Fitness /<br>Ejercicios de<br>estiramiento para<br>Personas Mayores<br><br>10:00am-11:00am | Walking Class /<br>Clase de Caminar<br><br>9:00am-10:00am                      |
| Senior Fitness /<br>Ejercicios para<br>Personas Mayores<br><br>10:00am-11:00am | Tai Chi /<br>Ejercicio Fisico y<br>Mental de Origen Chino<br><br>10:00am-11:00am | Senior Fitness /<br>Ejercicios para<br>Personas Mayores<br><br>10:00am-11:00am | Card / Board Games<br>Tarjetas y Juegos de<br>mesa<br><br>11:00am—12:00pm                          | Senior Fitness /<br>Ejercicios para<br>Personas Mayores<br><br>10:00am-11:00am |
| Card / Board Games<br>Tarjetas y Juegos de<br>mesa<br><br>11:00am—12:00pm      | Card / Board Games<br>Tarjetas y Juegos de<br>mesa<br><br>11:00am—12:00pm        | Card / Board Games<br>Tarjetas y Juegos de<br>mesa<br><br>11:00am—12:00pm      |  | Card / Board Games<br>Tarjetas y Juegos de<br>mesa<br><br>11:00am—12:00pm      |



Follow us for updates @SunValleyRC



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.  
 Por favor, envíe su solicitud de acomodaciones lo antes posible.*



**City of Los Angeles Department of Recreation and Parks**

**SUN VALLEY RECREATION CENTER**

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**818.767.6151 sunvalley.recreationcenter@lacity.org**

