



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS



# SIT & GET FIT EXERCISE

All abilities & skills are welcome!

50 years & older

WEDNESDAYS  
9:30AM-10:30AM

FRIDAYS  
10:30AM-11:30AM

Payments: Option 1 - \$5/month  
Option 2 - \$2/class  
Option 3 - \$7 for Sit & Get Fit  
and Walking Group

## Soevac

Sherman Oaks East Valley Adult Center

5056 Van Nuys Blvd.  
Sherman Oaks, CA 91403  
818-386-9674

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.