



WINTER 2024 SENIOR CENTER

SCHEDULE OF CLASSES

AHMANSON SENIOR CENTER

CALL (213) 763-0118

HOURS of OPERATION Mon. - Fri. 8:00am - 4:00pm

MONTHLY PROGRAM FEE: \$10.00 - 55 years old and up | \$15.00 - 18-54 years old

CLASSES included with Monthly Program Fee - Due 1st of each Month (Checks payable to the City of LA)

Some activities, programs, or events may have additional fees. All classes and programs listed may be subject to change or cancellation.

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.

EDUCATION

COMPUTER CLASS

Mon. / Wed. 9:30am - 11:00am

Learn from an instructor on how to use a computer.

COMPUTER OPEN LAB

Tues. 9:00am - 12:00pm

Come in and use the computers to sharpen your skills. An instructor will not be available.

Location: Ahmanson Computer Lab

ENGLISH NOW - ESL CLASS

Begins February 2024

Students develop listening and speaking skills in English. It is a multi-level class FREE to Ahmanson Senior Center members.

Thu. 9:30am - 10:30am

Fri. 10:30am - 11:30am

CREATIVE WRITING CLASS

Mon. 11:00am - 1:00pm

Come in and learn how to enhance your writing skills.

BOOK CLUB

Fri. 12:30pm - 2:30pm

Come in to read exciting new books, and engage in discussions.

SOCIAL CAFÉ (Members Only)

Mon. - Fri. 9am - 4pm

Come enjoy yourself in our Social Café. You can watch TV, play games, read books/magazines, or simply socialize with friends.

Contact Senior Center office for more information (213) 763-0118

HEALTH & FITNESS

SENIOR CIRCUIT TRAINING

Tone, shape, and sculpt in a class setting. Improve your posture and get results.

Tue. 11:00am-12:00 pm | Thu. 11:00am-12:00pm

Sessions are instructed by a certified trainer in the fitness room at Roy A. Anderson Recreation Center.



MAMBO MANIA

Dance away the pounds with this fun, full-body workout-one hour of cardio dance.

Tue./ Thu. 9:30am - 10:30am

SALSA CLASS - BEGINNERS

Wed. 11:00am - 12:00pm

SALSA CLASS

Tues./Thu. 11:00am - 12:00pm

LINE DANCE - BEGINNERS

Mon. 11:00am - 12:00pm

LINE DANCE

Mon. 12:30pm - 2:30pm

ZUMBA

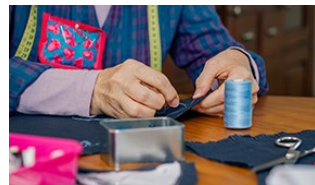
Fridays. 9:30am - 10:30am

SENIOR PROGRAMS

KNITTING & CROCHETING CLUB

Create something great while socializing

Wed. 10:00am - 3:00pm



CRAFT CLUB

Create fun craft projects

Fri. 10:00am - 12:00pm

ART CLASS

Create art projects

Mon. 10:00am - 12:00pm

QUILTING CLUB

Learn various styles of quilting while completing your projects.

Wed. 10:00am - 3:00pm

SQUARE DANCE

Thu. 7:30pm - 9:00pm



Ahmanson Senior Center Hours of Operation: Mon. - Fri. 8:00am - 4:00pm | Sat. and Sun. Closed

3990 Bill Robertson Lane, Los Angeles, CA 90037

laparks.org/expo

@expocenterla

City of Los Angeles Department of Recreation and Parks

All classes and programs are subject to cancellation. All refunds will be assessed an 15% fee.

11-14-23

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EXPO CENTER



ADULTS & SENIORS

Roy A. Anderson Recreation Center

SCHEDULE OF CLASSES

Registration Begins **NOV. 6**

CALL (213) 763-0114

Classes Begin **JAN. 2**

HEALTH & FITNESS

Get FIT at EXPO FITNESS SESSIONS

November 13 - December 23

December 26 - February 03



HEALTH & FITNESS CENTER

(Membership)

Allows access to fitness center, weight room, and open gym.



FITNESS PASS:

QUARTELY: Adults 18+yrs \$50

Adults 55+yrs \$30

MONTHLY: Adults 18+yrs \$20

Adults 55+yrs \$10

DAY PASS: Adults 18+ yrs \$5

Adults 55+yrs \$3

RECREATION CLASSES



AQUACISE CLASS for ADULTS

This class offers low to high intensity workouts that promotes cardio vascular fitness, conditioning, increased flexibility, and range of motion.

Adults: 18-49yrs \$5.00 per class
\$40.00 per series*

Adults: 50+yrs \$4.00 per class
\$32.00 per series*
*(8 classes)

Mon./ Wed.
12:00pm - 1:00pm | 5:00pm - 6:00pm

Register for classes at Roy A. Anderson Recreation Center.

TOTAL BODY SPIN BIKE CLASS

Tue. / Thu. / Sat.

7:00am | 8:00am

8:00am | 9:00am

9:30am | 10:30am

Fee: \$40 each session



GENERAL INFORMATION

IMPORTANT DATES

EXPO Winter Classes Registration begins	Nov. 06
EXPO Winter Festival	Dec. 09
Winter Camp Begins	Dec. 18
Aquatic/EXPO Winter Classes begin	Jan. 02
Spring Class Registration begins	Feb. 20



EXPO Center and POOL Closed

Christmas	Dec. 25	Cesar Chavez Day	Mar. 25
New Years	Jan. 01		
Martin Luther King Jr. Day	Jan. 15		
NASCAR Event	Feb. 04		
Presidents Day	Feb. 19		

Scheduling of Special Events at LA Coliseum and LAFC games may cause additional days of closure to EXPO Center and LA84/John C. Argue Swim

Hours of Operation: Mon. - Fri. 6:00am - 8:00pm | Sat. 9:00am - 5:00pm | Sun. Closed

3980 S. Bill Robertson Lane, Los Angeles, CA 90037

laparks.org/expo

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