

SOUTH LOS ANGELES SPORTS ACTIVITY CENTER
7020 S. Figueroa Street, Los Angeles, CA 90003

CHAIR EXERCISE

MON, WED & FRI | 11AM-12PM

FREE 8 WEEK SESSION

AGES
50+



**Have fun as you work out at your own pace to great music.
Get moving and feel energized!**

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. All information/activities are subject to change and/or cancellation without prior notice.

laparks.org
323.758.8716

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City of Los Angeles
Department of Recreation and Parks



SCAN FOR
ACTIVITIES

