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-12:00pm   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./Thurs.  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

PERSONS WITH DISABILITIES ARE ENCOURAGED TO PARTICIPATE IN OUR PROGRAMS AND CLASSES. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.

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

SQUARE DANCE
Thu.  7:30pm - 9:00pm

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

Ahmanson Senior Center
3990 Bill Robertson Lane, Los Angeles, CA 90037
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.

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodation may take 30 days or longer. Please submit your request for an accommodation as soon as possible.
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
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 Center.