



# SPRING 2020 SENIOR CENTER

## — SCHEDULE OF CLASSES —

### AHMANSON SENIOR CENTER

CALL (213) 763-0118

**HOURS of OPERATION** Mon. - Fri. 9:00am - 5:00pm

**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 CLASSES

State-of-the-art computer training for senior and adults.

- Funded by The Friends of EXPO Center -

**\*Must Pre-Register**

**Registration begins March 10**

**Classes begin the week of Apr. 7 - June 2**

**Tue.** Advanced 9:30am - 12pm

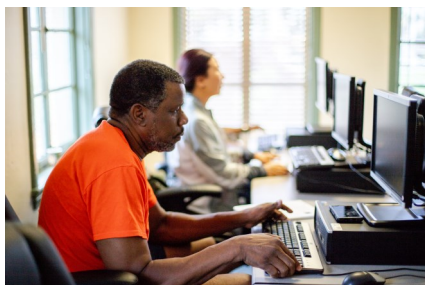
**Wed.** Intermediate 9:30am - 12pm

**Thu.** Open Lab 10am - 1pm

**Fri.** Beginners 10:30am - 12:30pm

**\*Computer Lab access for Ahmanson Senior Center registered members**

**Location:** Computer Lab



#### SOCIAL CAFÉ (Members Only)

Mon. - Fri. 9 am - 4 pm

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.

Mon. 11am - 12 pm | Thu. 11am - 12 pm

*Sessions are two times per week with a trainer who will assist in the fitness room in Roy Anderson Building.*

#### MAMBO MANIA

Dance away the pounds with this high fun, full-body workout-one hour of cardio dance followed by 1/2 hour of Yoga Suave (gentle flow yoga and guided meditation).

Tue./ Thu. 9:30 - 11:00am

- Funded by The Friends of EXPO Center -

#### SENIOR BOXING CLASS

Learn the basic skills/techniques of boxing.

Mon./ Tue./ Fri. 12:00 - 1:00pm



#### LOW IMPACT - VIDEO EXERCISE

Follow along with an instructor and enjoy a mixture of exercise routines.

Fri. 9:30 - 11am

### SENIOR PROGRAMS

#### SALSA CLASS

Tue./ Thu. 11am - 12pm

Friday classes \$2 per member

- Beginners Fri. 11am - 12pm

- Intermediate Fri. 12pm - 1pm

#### SQUARE DANCE CLUB

Join the Guys & Dolls Square Dance Club and kick up your boots.

**Practice** -Thu. 7:30pm - 9:30pm

#### DANCE

-3rd Fri. of the month \$3 per member

#### KNITTING & CROCHETING CLUB

Sewing and crafting while socializing

Wed. 10am - 4pm

#### CRAFT CLUB

Create fun craft projects while socializing with your friends.

Fri. 11am - 1pm

#### QUILTING CLUB

Learn various styles of quilting while completing your projects.

Wed. 10am - 4pm

#### ENGLISH NOW

ESL Class, students develop listening and speaking skills in English. It is a multi-level class. FREE to Ahmanson Senior Center members. Tue. / Thu. 11am - 12pm

Senior Cafe

**Ahmanson Senior Center** Hours of Operation: Mon. - Fri. 9:00am - 5:00pm | Sat. and Sun. Closed  
3990 Bill Robertson Lane, Los Angeles, CA 90037 [laparks.org/expo](http://laparks.org/expo) | [facebook.com/expocenterla](https://facebook.com/expocenterla)

City of Los Angeles Department of Recreation and Parks

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

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02-19-2020

# **EXPO CENTER** **ADULTS & SENIORS**

Roy A. Anderson Recreation Center

## — SCHEDULE OF CLASSES —

**Registration Begins FEB. 24**

**CALL (213) 763-0114**

**Classes Begin APR. 6**

### HEALTH & FITNESS

**Get FIT at EXPO  
FITNESS SESSIONS**

**April 6 - May 16 | May 18 - June 27**

**FITNESS CLASSES - FEES All Ages**

**(1) 6 week session \$60**

**(2) 6 week session \$100**

**Sun Rise Fitness Mon./Wed./Fri. 6:15-7:15am**

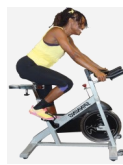
**Circuit Training Mon./Wed./Fri. 7:15-8:15am**

**Total Body Fitness Mon./Wed./Fri. 8:30-9:30am**

**Universal Fitness Tue. 6:30-7:30pm**

**Rose Garden Boot Camp Fitness**  
at Exposition Park Rose Garden Sat. 6:30-8:30am

**Elite Spin Bike Class Tue./Thu. 6:15-7:15am**  
7:15 - 8:15am | 8:30 - 9:30am



**BOXING CARDIO All Ages Fee:\$30**  
Mon./ Wed./ Fri. 7:00 - 8:00am

### HEALTH & FITNESS CENTER (Membership)

Allows access to fitness center and weight room.



### FITNESS PASS: (3 months)

**QUARTELY: Adults 18+ \$50**  
**Seniors 55+ \$30**

**MONTHLY: Adults 18+ \$20**  
**Seniors 55+ \$10**

**DAY PASS: Adults 18+ \$5**  
**Seniors 55+ \$3**



### RECREATION CLASSES

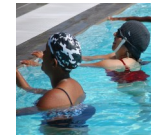
**ZUMBA DANCE (All Ages)**

**Fee: \$10**

Learn Zumba dance steps and movement with this high energy exercise class.

**Mon./Wed. 5:00-6:00pm**

**Tue./Thu. 6:30-7:30am**



### AQUACISE CLASS for ADULTS & SENIORS

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

**Adults: 18-54 \$4.50 per class**  
**\$45.00 per month**

**Seniors: 55+ \$4.00 per class**  
**\$40.00 per month**

**Mon./ Wed./ Fri.**  
**6:30 - 7:30am | 12 - 1pm | 5 - 6 pm**

Register for classes at Roy A. Anderson

## GENERAL INFORMATION

### IMPORTANT DATES

Spring Camp Registration	Register Now
Spring Class Registration Begins	Feb. 24
Summer Campership applications submission	Mar. 16 - Apr. 3
Spring Camp	Apr. 6 - Apr. 10
Spring Classes Begin	Apr. 06
Summer Camp Registration Begins	Apr. 13
Summer Camp Begins	June 15



### EXPO Center and POOL Closed

Cesar Chavez	Mar. 30
Memorial Day	May 25
Independence Day	July 03
Labor Day	Sept. 07

*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](http://laparks.org/expo) | [facebook.com/expocenterla](https://facebook.com/expocenterla)

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