



SPRING 2023



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 OPEN LAB

Mon. / Wed. 9:30am - 12:00pm

*Computer Lab access for Ahmanson Senior Center registered members

Location: Ahmanson Computer Lab

ENGLISH NOW

ESL Class, 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

Come in and learn how to enhance your writing skills.

Wed. 12:00pm - 2:00pm

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 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 fun, full-body workout-one hour of cardio dance.

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



VIDEO EXERCISE CLASS

Fun way to exercise while working on balance and hand eye coordination.

Fri. - 12:00pm - 1:00pm

SENIOR PROGRAMS

KNITTING & CROCHETING CLUB

Create something great while socializing

Wed. 10:00am - 3:00pm

CRAFT CLUB

Create fun craft projects while socializing with your friends.

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



SALSA CLASS

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

LINE DANCE

Mon. 12:30pm - 2:30pm

SQUARE DANCE

Thur. 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.

03-03-23

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EXPO CENTER



ADULTS & SENIORS

Roy A. Anderson Recreation Center

SCHEDULE OF CLASSES

Registration Begins **MARCH 6** CALL (213) 763-0114 Classes Begin **APRIL 10**

HEALTH & FITNESS

Get **FIT** at **EXPO**
FITNESS SESSIONS

April 4 - May 19
May 22 - June 23

FITNESS CLASSES - \$60 All Ages

TOTAL BODY FITNESS

Mon./Wed./Fri. 7:30am - 8:30am

CARDO FIT

Sat. 7:30am - 8:30am



TOTAL BODY SPIN BIKE CLASS

Tue. / Thu.

7:30am | 8:30am
8:30am | 9:30am
9:30am | 10:30am



Fee: \$40 each session

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

ZUMBA DANCE (All Ages)
Learn Zumba dance steps and movement with this high energy exercise class. Fee: **FREE**
Mon./Wed. 6:00pm - 8:00pm

AQUACISE CLASS for ADULTS and SENIORS

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

Adults: 18-54 \$5.00 per class
\$45.00 per series*

Seniors: 55+ \$4.00 per class
\$32.00 per series*
(series 8 classes)

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

SENIOR FITNESS

Tues. / Thur. 11:00am - 1:00 pm
Register for classes at Roy A. Anderson Recreation Center.

GENERAL INFORMATION

IMPORTANT DATES

Spring Class Registration Begins	March 6
Summer Camp Registration Begins	March 25
Spring Classes Begin	April 10
Summer Camp Begins	June 12



EXPO Center and POOL Closed

Cesar Chavez	Mar. 27
Memorial Day	May 29

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

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