**SCHEDULE OF CLASSES**

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<tr>
<th>AHManson Senior Center</th>
<th>CALL (213) 763-0118</th>
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**HOURS of OPERATION**

| Mon. - Fri. | 9:00am - 5:00pm |

**MONTHLY PROGRAM FEE:**

| 55 years old and up | $10.00 |
| 18-54 years old     | $15.00 |

**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.*

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### 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

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#### 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

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### 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

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**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

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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 | 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 an 15% fee.

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

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

Ros E 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)
Allow access to fitness center and weight room.

FITNESS PASS:
(3 months)
QUARTERLY: 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 cardiovascular 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
Spring Class Registration Begins
Summer Campership applications submission
Spring Camp
Spring Classes Begin
Summer Camp Registration Begins
Summer Camp Begins
Register Now
Feb. 24
Mar. 16 - Apr. 3
Apr. 6 - Apr. 10
Apr. 06
Apr. 13
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
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