FALL 2019

SENIOR CENTER

SCHEDULE OF CLASSES

AHMANSON SENIOR CENTER  CALL (213) 763-0118

HOURS of OPERATION  Mon. - Fri.  9 am - 5 pm
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 Aug. 26
Classes begin the week of Oct. 1 - Dec. 3

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 -

SALSA CLASS
Tue./ Thu. 11am - 12pm
Friday classes $2 per member
- Beginners  Fri. 10am - 11am
- Intermediate  Fri. 11am - 12pm

LOW IMPACT - VIDEO EXERCISE
Follow along with an instructor and enjoy a mixture of exercise routines.
Fri. 9:30 - 11am

SENIOR BOXING CLASS
Learn the basic skills/techniques of boxing.
Mon./ Tue./ Fri. 12:30 - 1:30pm

CRAFT CLUB
Create fun craft projects while socializing with your friends.
Fri. 11am - 1pm

KNITTING & CROCHETING CLUB
Sewing and crafting while socializing
Wed. 10am - 4pm

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

QUILTING CLUB
Learn various styles of quilting while completing your projects.
Wed. 10am - 4pm

PERSONAL PROGRESSION PROGRAM
Socialize with your friends while exercising.
Mon. 10am - 11am

PERSONAL TRAINING
Private group or individual training.
Contact office for details.

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AQUACISE CLASS for ADULTS & SENIORS
This class offers low to high intensity workouts that promotes cardiovascular fitness, conditioning, increased flexibility, and range of motion.

Heads: 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 | 5–6pm
Register for classes at Roy A. Anderson Recreation Center.