COMPUTER CLASSES
State-of-the-art computer training for senior/adults.
Register Now
*Must Pre-Register
Classes begin the week of July 8
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

New KARAOKE
Wed. 1:30pm - 3:30pm

New FRIDAY AFTERNOON MOVIES
Fri. 1:30pm - 3:30pm

New CYBER-SENIORS TECH TRAINING PROGRAM
June 10 - August 9
Mon. - Wed. 9:00am - 11:30am

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

EDUCATION

SENIOR CIRCUIT TRAINING
Tone, shape, and sculpt in a class setting.
Improve your posture and get results.
Mon / Thu. 11am - 12pm
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

HEALTH & FITNESS

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

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

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

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

PARK PROUD LA
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.
**HEALTH & FITNESS CENTER (Membership)**

Allows access to fitness center, weight room, lap swim and open gym.

**FITNESS PASS:**

**QUARTERLY:** Adults 18+ $70  
Seniors 55+ $40

Lap Swimming included with quarterly fitness fees.

**MONTHLY:** Adults 18+ $35  
Seniors 55+ $15

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

**EXPO CENTER and POOL CLOSED**

Independence Day  
July 4  
Los Angeles Rams Games  
Aug. 24  
USC Football  
Aug. 31 / Sept. 7 / Sept. 20  
Labor Day  
Sept. 2  
Los Angeles Rams Games  
Sept. 15 / Sept. 29 / Oct. 13  
USC Football  
Oct. 19 / Nov. 2 / Nov. 23  
Columbus Day  
Oct. 14  
Los Angeles Rams Games  
Nov. 17 / Nov. 25 / Dec. 8 / Dec. 29

(Early Closure for LAFC games call EXPO Center for exact times)

**IMPORTANT DATES**

Summer Camp Registration/Jr. Lifeguard Camp Register Now!  
Summer Class Registration Begins May 28  
Summer Camps/Jr. Lifeguard Camp Begins  
June 10 - Aug. 9  
Aquatic Summer Classes Begins June 17  
Summer Classes Begins July 08  
Fall Class Registration Begins Aug. 26  
Fall Classes Begin Oct. 07

Scheduling of Special Events at LA Coliseum and LAFC may cause additional days of closure to EXPO Center and LA84/John C. Argue Swim Stadium.

**GENERAL INFORMATION**

**SPIN BIKE CLASS**

Tue. /Thu.  
Fee: $20 each class  
6:15 - 6:45am | 7:15 - 7:45am  
8:30 - 9:00am  
Sat. (Every 3rd Sat. of month)  
Fee: $40 each class  
7:00 - 8:00am

**BOXING CARDIO**

$30 each class  
Mon./Wed./Fri  7 - 8am  |  8 - 9am

**HEALTH & FITNESS SESSIONS**

May 21 - June 28 | July 8 - Aug 16

**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  
Location: Exposition Park Rose Garden  
Sat. 6:30-8:30am

**CALL (213) 763-0114**

**Classes Begin JULY 8**

**ключение אוניברסלי עבור תושבי העיר LOS ANGELES**

**ADULTS & SENIORS**

Roy A. Anderson Recreation Center

**SCHEDULE OF CLASSES**

**HEALTH & FITNESS**

Get FIT at EXPO

**FUNCTIONAL TRAINING SESSIONS**

May 21 - June 28 | July 8 - Aug 16

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**EXPO CENTER**

3980 S. Bill Robertson Lane, Los Angeles, CA 90037  
laparks.org/expo  |  facebook.com/expocenterla

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