



**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION AND PARKS**



**PARK PROUD LA**

**FREE**

# WELLNESS PROGRAMS FOR ADULTS

*AEROBICS - WALKING CLUB - ZUMBA - YOGA - SALSA FITNESS - LINE DANCING - DANCE FITNESS -  
ZUMBA GOLD - CHAIR AEROBICS - STRENGTH FITNESS - TENNIS - MEDITATION -  
INTRO TO COMPUTERS - AND MORE*

## Spring Classes Begin April 2020

### **PARTICIPATING RECREATION CENTERS:**

**Augustus Hawkins Nature Park**  
5790 Compton Ave., LA 90011  
(323) 581-4498

**Costello Recreation Center**  
3121 E. Olympic Blvd. LA 90023  
(213) 485-9111

**Elysian Valley Rec. Center**  
1811 Ripple St., LA, 90039  
(323) 666-5058

**Branford Recreation Center**  
13306 Branford St., Arleta, 91331  
(818) 893-4923

**Culver-Slauson Rec. Center**  
5072 S. Slauson.  
Culver City, 90230  
(310) 391-5451

**Evergreen Rec. Center**  
2844 East 2nd St., LA 90033  
(323) 262-0397

**Central Park Recreation Center**  
1357 East 22nd St., LA, 90011  
(213) 485-4435

**Delano Recreation Center**  
15100 Erwin St. Van Nuys, 91411  
(818) 756-8529

**Fred Roberts RC**  
4700 S. Honduras St.,  
LA, 90011  
(323) 234-8650



**Echo Park Rec. Center**  
1632 Bellevue Ave., LA, 90026  
(213) 250-3578

**Green Meadows R.C.**  
431 East 89th St., LA 90003  
(323) 565-4242

**Additional sites listed on back**

**Download the Spring Class Schedule at [www.laparks.org/scc](http://www.laparks.org/scc)**

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Programs subject to change or cancellation.

## **ADDITIONAL PARTICIPATING RECREATION CENTERS:**

**Hollenbeck R.C.**  
415 S. St. Louis St., LA, 90033  
(323) 261-0113

**Hoover Recreation Center**  
1010 W. 25th St., LA, 90007  
(213) 749-8896

**Jackie Tatum/Harvard R.C.**  
1535 W.62nd St., LA, 90047  
(323) 778-2579

**Jim Gilliam Recreation Center**  
4000 S. La Brea Bl., LA, 90008  
(323) 291-5928

**Lake Street Community Cntr.**  
227 N. Lake St. LA, CA 90026  
(213) 207-2196

**Lanark Recreation Center**  
21816 Lanark St.  
Canoga Park, 91304  
(818) 883-1503

**Martin Luther King Jr. R.C.**  
3916 S. Western Ave., LA, 90062  
(213) 847-0878

**Normandale Rec. Center**  
22400 S. Halldale Ave.  
Torrance, 90501  
(310) 328-3689

**North Hollywood Rec. Center**  
11430 Chandler Blvd.  
N. Hollywood, 91601  
(818) 763-7651

**Oakwood Recreation Center**  
767 California Ave., Venice, 90291  
(310) 452-7479

**Panorama Rec. Center**  
8600 Hazeltine Ave.,  
Panorama City, 91402  
(818) 893-3401

**Poinsettia Rec. Center**  
7341 Willoughby Ave., LA, 90046  
(323) 876-5014

**Rio De Los Angeles**  
1900 N. San Fernando Rd.  
Los Angeles, 90065  
(323) 276-3015

**Rose Hill Recreation Center**  
4530 Mercury Ave., LA, 90032  
(323) 225-0450

**Rosecrans Rec. Center**  
840 W. 149th St.,  
Gardena, CA 90247  
(310) 327-3653

**Saint Andrews Rec. Center**  
8701 St. Andrews Pl., LA 90047  
(213) 485-1751

**South LA Activity Center**  
7020 S. Figueroa St., LA, 90003  
(323) 758-8716

**State Street Rec. Center**  
716 N. State St., LA, 90033  
(213) 847-2790

**Sun Valley R.C.**  
8133 Vineland Ave.  
Sun Valley, 91352  
(818) 767-6151

**Sylmar Recreation Center**  
13109 Borden Ave.  
Sylmar, 91342  
(818) 367-5656

**Valley Plaza Rec. Center**  
12240 Archwood St.,  
N. Hollywood, 91606  
(818) 765-5885

**Wilmington Rec. Center**  
325 N. Neptune Ave.,  
Wilmington, 90744  
(310) 548-7645

**Winnetka Rec. Center**  
8401 Winnetka Ave., LA, 91306  
(818) 756-7876



**lacityparks\_seniors**

**For more information on the Wellness Program  
or to find a free adult class near you, please call (213) 485-7512  
Or email to [RAP.SeniorCitizens@lacity.org](mailto:RAP.SeniorCitizens@lacity.org)**