



City of Los Angeles  
Department of Recreation & Parks  
**AUGUSTUS HAWKINS NATURE PARK**  
5790 Compton Ave., Los Angeles, CA 90011  
(323) 581-4498



Email: [augustushawkins.naturalpark@lacity.org](mailto:augustushawkins.naturalpark@lacity.org)  
Website: [www.laparks.org](http://www.laparks.org)

# *Adult Walk Aerobics & Stretching For Seniors*

Simple effective walking and firming moves at a safe and comfortable pace.



*Monday & Wednesday*  
*12:00pm - 1:00pm*  
*Free*



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Persons with disabilities are encouraged to participate in our programs and classes.  
Reasonable accommodations will be made with prior arrangements.  
Activities and programs may be subject to cancellation.  
Achieving gender equity through a continuous commitment to girls and women in sports.  
Payments by check or money order only. A fee will be charged for any returned checks  
by the bank.