



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



PARK PROUD LA

FREE

WELLNESS PROGRAMS FOR ADULTS

ECHO PARK RECREATION CENTER

1632 Bellevue Avenue

Los Angeles, CA 90026

213-847-0095 or echopark.recreationcenter@lacity.org

CLASSES BEGIN APRIL 8,- MAY 22, 2019 FOR 6 WEEKS



**@echoparkrc
@lacityparks**

***Yoga**

Mondays/10am-11pm

*** Strength Fitness**

Tue/ 10 a.m.-11p.m.

***Meditation**

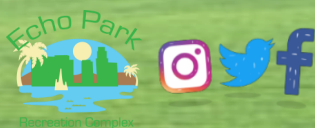
Tue/ 11a.m-12p.m

***Dance Fitness**

Wed /10:30a.m –11:30p.m

***Zumba**

Wed/ 11:30a.m-12:30p.m



**PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.
PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.**



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GRATIS **PROGRAMAS DE BIENESTAR** **POR ADULTOS**

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LAS CLASES EMPIEZAN EL 8 DE ABRIL -MAYO 22, DE 2019 POR 6 SEMANAS



*** Yoga**

Lunes/10 am -11pm

***Entrenamiento De Fuerza**

Martes/ 10 am -11am

***Meditacion**

Martes / 11am - 12am

***Danza Fisica**

Miercoles / 10:30 am -11:30 am

***Zumba**

Miercoles / 11:30 am-12:30 am

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PERSONAS CON INCAPACIDADES SON BIENVENIDAS A PARTICIPAR EN NUESTROS PROGRAMAS.

SE HARÁN ACOMODACIONES RAZONABLES CON AVISO PREVIO.

LAS CLASES SON SUJETAS A CAMBIOS O CANCELACIÓN SIN AVISO PREVIO.