



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
Echo Park Complex



FREE WELLNESS PROGRAMS FOR ADULTS

Echo Park Recreation Center

1632 Bellevue Ave. , Los Angeles, CA, 90026
(213)250-3578

CLASS DETAILS:

Yoga

MONDAY - 10:00 am - 11:00 am

Meditation

MONDAY - 11:00 am - 12:00 pm

Zumba

Wednesday - 10:00 am - 11:00 am

Dance Fitness

Wednesday - 11:00 am - 12:00 pm

SESSION DATES:

1/13/20 - 2/29/20

Download the CITYWIDE Class Schedule at 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.



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
Echo Park Complex



PROGRAMA de BIENESTAR

GRATIS PARA ADULTOS

Echo Park Recreation Center

1632 Bellevue Ave. , Los Angeles CA 90026
(213)250-3578

DETALLES de CLASES:

Yoga

LUNES - 10:00 am - 11:00 am

Meditation

LUNES - 11:00 am - 12:00 pm

Zumba

Miercoles - 10:00 am - 11:00 am

Dance Fitness

Miercoles - 11:00 am - 12:00 pm

FECHAS de Sesión:

1/13/20 - 2/29/20

Descarga el HORARIO COMPLETO al www.laparks.org/scc

Las personas con discapacidad son bienvenidas a participar en nuestros programas.
Acomodaciones razonables se hará con arreglos previos. Programas sujetos a cambio o cancelación.