



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

Elysian Valley Recreation Center



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FREE ADULT WELLNESS CLASSES



SESSION DATES: JANUARY 29, 2019– MARCH 22, 2019

SCHEDULE OF CLASSES

<u>CLASS</u>	<u>DAYS</u>	<u>TIME</u>
YOGA	TUESDAY	12:30 PM-1:30PM
THAI CHI	TUESDAY	1:30PM-2:30PM
YOGA SCULPT	THURSDAY	11:30AM-12:30PM

Persons with disabilities are welcome to participate in our program.”
 “Reasonable accommodations will be made with prior arrangements.”
 “Achieving gender equity through a continuous commitment to girls and women in sports