

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

FAIRFAX SENIOR CITIZENS CENTER

7929 MELROSE AVE LOS ANGELES 90046 | (323) 653-1824 | LAPARKS.ORG/SCC/FAIRFAX

Body Moves

for better health

STRETCHING AND STANDING EXERCISES

EVERY FRIDAY

12:30PM – 1:30PM



Mayor Karen Bass



COUNCILWOMAN
KATY YAROSLAVSKY

LOS ANGELES COUNCIL DISTRICT 5

MUST BE A CENTER MEMBER TO JOIN CLASS. MAXIMUM 20 PEOPLE PER CLASS.

PROGRAMMING SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (323) 653-1824 (711 FOR CA RELAY), TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE. IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE.