

# Glassell Park Senior Citizen Center

3750 Verdugo Road Los Angeles, CA 90065

(323) 550-8809



# CLASSES

Join the Glassell Senior Center Classes. Enrollment is monthly.

Please check in the office for more information.



FEE	CLASS	DATES/TIMES
\$ 5 / M O	<b>ZUMBA GOLD</b> Instructor: Joanne Coleman	<b>MONDAY</b> <b>9:00 AM - 10:00 AM</b>
\$ 5 / M O	<b>ZUMBA GOLD</b> Instructor: Maruca Medina	<b>TUESDAY</b> <b>9:15 AM - 10:15 AM</b>
\$ 15 / M O	<b>RHYTHM &amp; YOGA</b> Instructor: Maruca Medina	<b>TUESDAY &amp; FRIDAY</b> <b>1:15 PM - 2:15 PM</b>
\$ 5 / M O	<b>QI GONG/ TAI CHI LINE DANCING</b> <b>EXERCISE CLASS/ LINE DANCING</b>	<b>MONDAY &amp; WEDNESDAY</b> <b>1:00 PM - 3:00 PM</b>
\$ 10 / M O	<b>YOGA</b> Instructor: Susan Quon	<b>THURSDAY</b> <b>9:00 AM - 10:15 AM</b>

**NEW CLASSES COMING SOON...**

Persons with disabilities are welcome to participate in our programs.

Reasonable accommodation will be made with prior arrangements.

“Achieving gender equity through a continuous commitment to girls and women in sports.”