

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS
LAKE STREET COMMUNITY CENTER

227 N. Lake Street, CA 90026 | 213-207-2196 | lakestreet.communitycenter@lacity.org



Beginning Chair Exercise Class

FREE

Every Thursday
From 12 pm-1:00 pm



CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT PRIOR NOTICE.
NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY COMMUNITY CENTER.
"PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE
AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT
YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE."



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GRATTIS

Edad

55+

Clase de ejercicios en silla para principiantes

Todos los Jueves de 12:00 pm a 1:00 pm



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