STARTING MARCH 25—MAY 31, 2024

Mondays  9:00am-10am  Walking or Running in the Gym, Basketball
Mondays 10am-11am– Boxing fitness class
Mondays  11am-12pm  Wellness classes (first aid & hands on cpr, emergency preparedness, health related classes and other wellness classes)
Mondays  12:30pm-2:30pm Bingo

Tuesdays  10am-11am  Aerobics
Tuesdays  11am-12pm  Ping- Pong
Tuesdays  11:30am-12:30pm  Arthritis Exercise (MAOF)

Wednesdays  10am-11am  Aerobics
Wednesdays  11:30am-12:30pm  Arthritis Exercise (MAOF)
Wednesdays  12:30pm-2:30pm Bingo

Thursdays  10am-11am  Folklorico
Thursdays  11am-12pm  Yoga
Thursdays  12:30pm-1:30pm  Mental Awareness (LA County Mental Health Dept.)

Fridays  9:00am-10am  Walking or Running in the Gym, Basketball
Fridays  10am-11am– Boxing fitness
Fridays  12:30pm-2:30pm Bingo
Fridays  3pm-4pm  Aquacise Fitness (El Sereno Pool)

Persons with disabilities are welcomed to participate in our classes and 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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- 10am-11am  Boxing fitness class
- 11am-12pm  Wellness classes *(first aid & hands on cpr, emergency preparedness, health related classes and other wellness classes)*
- 12:30pm-2:30pm  Bingo

**Mondays**
- 3pm-4pm  Aquacise Fitness *(El Sereno Pool)*

**Tuesdays**
- 10am-11am  Aerobics
- 11am-12pm  Ping-Pong
- 11:30am-12:30pm  Arthritis Exercise *(MAOF)*

**Wednesdays**
- 10am-11am  Aerobics
- 11:30am-12:30pm  Arthritis Exercise *(MAOF)*
- 12:30pm-2:30pm  Bingo

**Thursdays**
- 10am-11am  Folklorico
- 11am-12pm  Yoga
- 12:30pm-1:30pm  Mental Awareness *(LA County Mental Health Dept.)*

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