



**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION AND PARKS**



# **FREE** **WELLNESS PROGRAMS** **OLDER ADULTS**

**MARTIN LUTHER KING JR. RECREATION CENTER**

**3916 S. WESTERN AVE.**

**Los Angeles, CA 90062**

**213-847-0878**

**CLASSES BEGIN July 2 /Aug. 24, 2018 FOR 8 WEEKS**

◆ ***Fitness***

*Monday 10:00am-11:00am*

◆ ***Zumba***

*Wednesday 7:00pm– 8:00pm*

◆ ***Fitness with weights***

*Friday 10:00am-11:00am*

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Programs subject to change or cancellation.



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**PARK PROUD LA**

**FREE**

**WELLNESS PROGRAMS  
OLDER ADULTS**

*SELF-DEFENSE - MARATHON CLUB - WALKING CLUB - ZUMBA - YOGA - SALSA FITNESS - LINE DANCING - DANCE FITNESS - ZUMBA GOLD - CHAIR AEROBICS - WALKING/STRETCHING - DANCING - COMPUTERS - CRAFTS - BOOT CAMP - SEWING - ADULT AEROBICS*

**PARTICIPATING RECREATION CENTERS:**

**Central Park Recreation Center**  
1357 East 22nd Street  
Los Angeles, CA 90011  
(213) 485-4435

**Hazard Park Recreation Center**  
2230 Norfolk Street  
Los Angeles, CA 90033  
(213) 485-6839

**Ross Snyder Recreation Center**  
1501 East 41st Street  
Los Angeles, CA 90011  
(323) 231-3964

**Delano Recreation Center**  
15100 Erwin Street  
Van Nuys, CA 91411  
(818) 756-8529

**Jackie Tatum/Harvard Rec. Center**  
1535 W.62nd Street  
Los Angeles, CA 90047  
(323) 778-2579

**Seoul International Rec. Center**  
3250 San Marino Street  
Los Angeles, CA 90006  
(213) 383-7549

**Elysian Valley Recreation Center**  
1811 Ripple Street  
Los Angeles, CA 90039  
(323) 666-5058

**Martin Luther King Jr. Rec. Center**  
3916 South Western Avenue  
Los Angeles, CA 90062  
(213) 847-0878

**Sun Valley Recreation Center**  
8133 Vineland Avenue  
Sun Valley, CA 91252  
(818) 767-6151

**Harbor City Recreation Center**  
24901 Frampton Avenue  
Harbor City, CA 90710

**Normandale Recreation Center**  
22400 S. Halldale Avenue  
Torrance, CA 90501  
(310) 328-3689

**Toberman Recreation Center**  
1725 Toberman Street  
Los Angeles, CA 90015  
(213) 485-6896

**Oakwood Recreation Center**  
767 California Avenue  
Venice, CA 90291  
(310) 452-7479

**Valley Plaza Recreation Center**  
12240 Archwood Street  
North Hollywood, CA 91606  
(818) 765-5885

**Ramon Garcia Recreation Center**  
1016 Fresno Street  
Los Angeles, CA 90023  
(323) 265-4755

**Wilmington Recreation Center**  
325 N. Neptune Avenue  
Wilmington, CA 90744  
(310) 548-7645



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