



# ZUMBA

TUESDAY & THURSDAY

**Aug. 27 - Oct. 3**

**9:30am - 10:30am**

GREAT CARDIO CLASS FOR  
MEN & WOMEN!

NEWBIES WELCOMED!

**JOIN US!** **SENIORS**  
**FITNESS CLUB**

**WALKING**  
**CLASS**

MONDAY &  
WEDNESDAY

**10AM - 11AM**

**Sept. 2 - Oct. 9**



Have Questions?  
Speak to Jalana

Vineyard Recreation Center

2942 Vineyard Ave. Los Angeles, CA 90016

**(323) 732-2469**



Persons with disabilities are encouraged to participate in our programs. Reasonable accommodations will be made with prior arrangements. Achieving gender equity through a continuous support of girls and women in sports.

All Classes and programs may subject to cancellation

Senior  
**Fall Fitness**

**FREE**

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