

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
MAR VISTA RECREATION CENTER
310-398-5982



JAPANESE A RTTS



SHOTOKAN KARATE- TRADITIONAL JAPANESE MARTIAL ARTS

HEAD INSTRUCTOR

KEI FUKUDA-6TH DAN JAPAN KARATE ASSOCIATION

ASSISTANT INSTRUCTORS

- HOLLY FORSYTHE-5TH DAN
- MARY BETH MACALUSO-4TH DAN
- SANJAR ZAFAR-4TH DAN

MON & FRI 7:15PM

OPEN TO ALL
AGES 7 & UP

YOUTH \$75.00/MONTH FOR 8 WEEKS

ADULTS \$25.00/ MONTH FOR 8 WEEKS
REGISTRATION START DATE: AUGUST 2ND

8 WEEK SESSION AUG 5TH-SEP 30TH
AFTER 8 WEEK SESSION \$25/MONTH FOR ALL

AGES

ALL INFORMATION SUBJECT TO CHANGE WITHOUT NOTICE.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE PRIOR TO ARRANGEMENTS. PLEASE BE
AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT
YOUR REQUEST FOR AN ACCOMMIDATION AS SOON AS POSSIBLE

EARLY REGISTRATION STARTS NOW



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INSTRUCTOR MARGO NICOLE HAS BEEN CERTIFIED HAS A PRIVATE TRAINER & HOLISTIC HEALTH COACH FOR OVER 12 YEARS. DEDICATED TO IMPROVING TOGETHER EACH MORNING!
PLEASE JOIN TODAY!

LET'S GO-RUNNIG

Begin with 20 minutes of brisk walking or light jogging, and gradually increase your time and speed as you get stronger



8WEEK TRANSFORMATION

Weight Management

\$175.00 MON OR WEDS

- X Stronger Muscles and Bones
- Enhanced Immune System
- **X** Better Sleep Quality



REGISTRATION START DATE: AUG 2ND 8 WEEK SESSION AUG 5TH-SEP 30TH



MON OR WEDS 9:00AM-10AM



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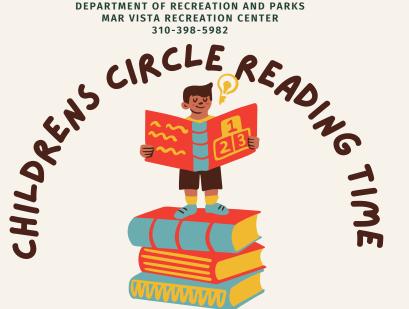
Persons with Disabilities are welcome to participate in our programs. Reasonable accommodations will be made prior to arrangements. Please be aware that some accommodations may take 30 days or longer.

Please submit your request for an accommidation as soon as possible



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TUES OR WEDS 12:30PM-2:30PM

AGES 4-5

Please join Ms. Margo who has spent over 20 years tutoring and providing improved reading and comprehension through creative writing and fun reading comprehension workshops. Creating great readers & Authors through read along instructed reading, comprehension, & fun creative book writing.

By the end of our 8 week course, all students will create their own collaborative book and will present to their family and friend's a story time illustrated and written by themselves.

\$175/ FOR 8 WEEKS REGISTRATION START DATE: AUG 2ND 8 WEEK SESSION AUGUST 5TH-SEP 30TH

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START YOUR DAY WITH US



THURSDAY 'S \$175.00 8 WEEK CLASS 9AM-10AM



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\$175 FOR 8 WEEKS CHAIR AEROBICS

FOR SENIORS

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AFRO CARIBBEAN ZUMBA



MARGO NICOLE SUMMER/FALL SESSION

\$175 FOR 8 WEEKS OF FUN!

LET'S GET IN SHAPE! WHILE DANCING!!

> JOIN NOW! TUESDAYS 9AM-10AM



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