



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



# FALL SESSION



Movement



Healthy



Aerobics



**\$80 FOR 8 WEEKS**

# CHAIR AEROBICS

ACTIVITIES FOR SENIORS

REGISTRATION OPEN  
8 WEEK SESSION SEP 20TH - NOV 15TH  
MONDAY OR FRIDAY

1-2PM

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 accommodation as soon as possible