



City of Los Angeles Department of Rec and Parks.  
Robert M. Wilkinson Multipurpose Center  
8956 Vanalden Ave.  
Northridge Ca,91324  
(818)756-7741



Wilkinson.seniorcenter@lacity.org

## Thursday Chair Yoga Class



*Strengthen Your Mind & Body!*

**Improve  
Flexibility  
and  
Posture**

**April 3,2025 –MAY 22,2025**

**Time 8:45am–9:45am**

**Fee \$25**

**8 Session**

**Sculpt,  
Tone, and  
Renew  
Your Body**

**Registration is in room #4 or online**



Instagram wilkinson.seniorcenter



\* PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR 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\*