



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
 8740 LINCOLN BLVD, LOS ANGELES, CA 90045
 (310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

Bachata Hour

With Dania

MONDAYS 6PM-7PM

10/07 - 12/16

no class 10/14, 11/11, or 11/25



\$40 FOR MEMBERS

\$80 / NON-MEMBERS



Come get your Bachata on and dance away your stress monday evenings with Dania. No partner necessary!

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
 IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
 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.





CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

ZUMBA

**TUESDAYS &
FRIDAYS
9:00-10:00AM**



DANCE YOUR CARES AWAY

ZUMBA

**FREE FOR MEMBERS
or \$10/ month**

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
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.



WESTCHESTER.SCCLA



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
 8740 LINCOLN BLVD, LOS ANGELES, CA 90045
 (310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

Walking Club

*STROLLS WITH
 DIRECTOR KIRSTIN*

**TUESDAYS at 1pm
 &
 FRIDAYS at 9:15am**

**ALL
 WELCOME
 FREE!!!**

**REGISTER NOW - ONLINE AT
 LAPARKS.ORG,
 IN PERSON AT THE OFFICE, OR
 BY PHONE 310-649-3317**



ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
 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.



WESTCHESTER.SCCLA



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
 8740 LINCOLN BLVD, LOS ANGELES, CA 90045
 (310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

FUSION MAT PILATES

TUESDAYS / 6-7 PM

OCT 8 - NOV 26

LOCATION: SENIOR CENTER

Fusion Mat Pilates includes: Mat Pilates, Pilates Barre/Ballet & light weights. This class will help strengthen the mind - body connection & help you center in to develop a strong core. This is an all levels class and instructor will offer modifications & progressions for everyone.

ABOUT THE INSTRUCTOR:
 SHAY IS A CLASSICAL PILATES & BARRE ABOVE INSTRUCTOR. AND FORMER DANCER & PROFESSIONAL DANCE DIRECTOR FOR THE NBA. SHE UNDERSTANDS BODY MOVEMENT & PLACEMENT. HER CLASSES ARE DESIGNED FOR EACH CLIENT TO ACHIEVE MIND & BODY CONNECTION WITH FOCUS ON CREATING AN INCLUSIVE & EQUITABLE ENVIRONMENT TO PILATES FOR ALL.



MEMBERS \$45
NON-MEMBERS \$90

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
 IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
 PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
 REASONABLE ACOMMODATIONS 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.





CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER

8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

**WESTCHESTER SENIOR
CENTER & REC CENTER**

MMA FOR FITNESS & SELF DEFENSE

Mixed martial arts (MMA) incorporates striking, grappling, and ground fighting techniques from multiple combat arts from around the world. In this class, students will cover basic movement, offense, defense, strategy, and fundamental techniques, with a focus on improving overall fitness, and applications in potential self-defense scenarios. This safe, non-competitive class is open to men, women, and minors 16 & up with parental signature.

Boxing gloves or MMA gloves are required.

INSTRUCTOR: MICHAEL HA

LOCATION: SENIOR CENTER

Members
\$40
Non-Members
\$80

Oct 8 - Dec 10
Tuesdays 7:00-8:30pm

**REGISTER NOW -
ONLINE AT
LAPARKS.ORG,
IN PERSON AT THE
OFFICE, OR BY
PHONE 310-649-3317**



ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
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.



WESTCHESTER.SCCLA



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
 8740 LINCOLN BLVD, LOS ANGELES, CA 90045
 (310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

CHAIR YOGA

This gentle practice teaches yoga fundamentals: movement, breath, and relaxation from the comfort and security of your chair. Students will learn tools for maintaining everyday functional movement and for enjoying stress relief. This beginner-friendly class is safe for all bodies and all abilities. It is ideal for seniors, those working with injuries, and anyone looking for a low-impact entry into fitness.

INSTRUCTOR: CAROLINE

**WEDNESDAYS
 10:30-11:30AM**

*Members
 \$FREE
 Non-Members
 \$10 month*



REGISTER AT
LAPARKS.ORG



OR BY PHONE
 310-649-3317

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
 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.



WESTCHESTER.SCC@LACITY.ORG



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

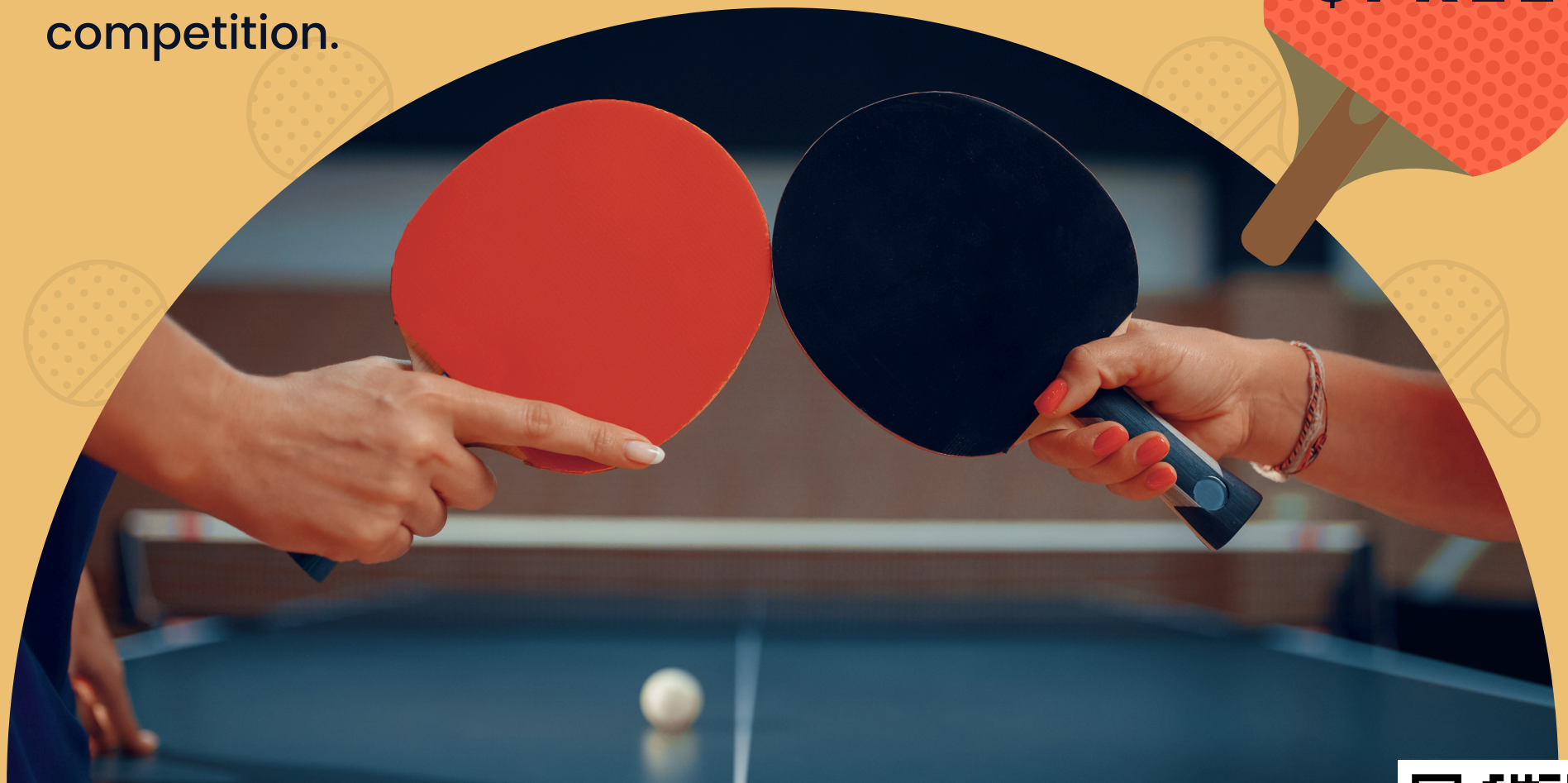
PING PONG PALS

WEDNESDAYS WITH TIM

2:30 - 3:30 PM

Join us Wednesdays for some friendly competition.

\$FREE



**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACOMMODATIONS 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.



WESTCHESTER.SCCLA





CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

WESTCHESTER SENIOR CENTER

8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG



JOIN NOW

**MEMBERS
\$5/ MONTH**

**NON-MEMBERS
\$10/ MONTH**

GENTLE EXERCISE

THURSDAYS 10:00AM

JOIN MS CLEO AND KEEP MOVING WITH GENTLE EXERCISE TO IMPROVE MENTAL AND PHYSICAL HEALTH. FOCUS ON STRETCHING AND MOVEMENT. MOVE FROM STATION TO STATION WITH MUSIC TO HELP CONDITION THE MIND, BODY, AND SPIRIT

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
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.



WESTCHESTER.SCCLA



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

WESTCHESTER SENIOR CENTER

8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG



GENTLE YOGA

THIS GENTLE PRACTICE TEACHES YOGA FUNDAMENTALS: MOVEMENT, BREATH, AND RELAXATION. STUDENTS WILL LEARN TOOLS FOR MAINTAINING EVERYDAY FUNCTIONAL MOVEMENT AND FOR ENJOYING STRESS RELIEF. THIS BEGINNER-FRIENDLY CLASS IS SAFE FOR ALL BODIES AND ALL ABILITIES. IT IS IDEAL FOR SENIORS, THOSE WORKING WITH INJURIES, AND ANYONE LOOKING FOR A LOW-IMPACT ENTRY INTO FITNESS.

Dates:
10/11-12/6

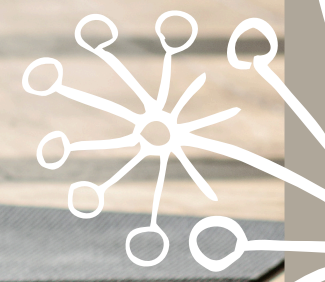
Fridays
10:15-11:15am

Instructor:
Zara

MEMBERS
\$40/ 8 WK SESSION

NON-MEMBERS
\$80/ 8 WK SESSION

**REGISTER NOW - ONLINE AT
LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR
BY PHONE 310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
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.



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

WESTCHESTER SENIOR CENTER & REC CENTER

YOGA FLOW

Join Rebecca on Saturdays in this class exploring the basic flows of yoga. This class combines fluid movements and deep stretches to enhance flexibility and balance. Build your connection of breath with movement, as you flow through sequences to improve and challenge yourself. All levels welcome.

INSTRUCTOR: REBECCA

LOCATION: SENIOR CENTER

Members
\$40
Non-Members
\$80

Oct 12 - Dec 7
Saturdays 9:00-10:00am



**REGISTER NOW -
ONLINE AT
LAPARKS.ORG,
IN PERSON AT THE
OFFICE, OR BY PHONE
310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
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.