



**RECREATION CENTER:** 4721 KLAMATH ST LOS ANGELES CA, 90032/ OFFICE: (323)225-3517  
**SENIOR CENTER:** 4818 KLAMATH PL. LOS ANGELES, CA 90032/ OFFICE: (323) 222-2040  
**EMAIL:** ELSERENO.RECREATIONCENTER@LACITY.ORG

# INTENSE

## \* Yoga \*

**A CROSS BETWEEN YOGA & HIGH INTENSITY INTERVAL TRAINING**

**EVERY MONDAY & THURSDAY  
7:15 PM- 8:15 PM  
EL SERENO SENIOR CENTER  
\$35.00 MONTHLY**

**LET'S BREAK A SWEAT,  
IMPROVE CIRCULATION,  
RELIEVE STRESS,  
INCREASE FLEXIBILITY,  
RELIEVE PAIN, &  
MANAGE WEIGHT!**

**SCAN TO REGISTER**



ACHIEVING GENDER EQUALITY THROUGH A CONTINUOUS COMMITMENT TO GIRLS & WOMEN IN SPORTS. PERSONS WITH DISABILITIES ARE WELCOMED TO PARTICIPATE IN OUR CLASSES AND 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. PAYMENT BY CASH, CHECK/MONEY ORDER PAYABLE TO : CITY OF LA . VISA/MASTERCARD ACCEPTED.REFUND POLICY: "FULL REFUNDS ARE ONLY ISSUED WHEN THE RECREATION CENTER CANCELS THE ACTIVITY. A 15% CANCELLATION FEE IS ASSESSED FOR ALL REFUNDS."A COLLECTION FEE WILL BE CHARGED FOR EACH CHECK RETURNED BY THE BANK. ALL GAMES/ PRACTICES SUBJECT TO CANCELLATION WITHOUT NOTICE!

