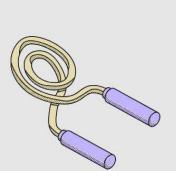


CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS



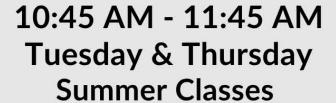
JIM GILLIAM SENIOR CITIZEN CENTER 4000 S. LaBrea Ave Los Angeles, CA 90008

Phone: 323.291.5928



MOVE MORE







Tuesday - (Strength & Agility)
Engage in a total-body workout that
uses resistance training to build
strength and improve overall
fitness.



Thursday- (Balance & Mobility)
Improve strength, stability, and
flexibility with exercises designed
to enhance balance and mobility.

