



City of Los Angeles Department of Rec and Parks. Robert M. Wilkinson Multipurpose Center.



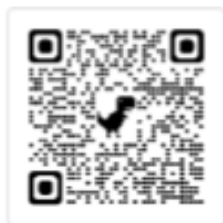
8956 Vanalden Ave.
Northridge Ca, 91324
Wilkinson.seniorcenter@lacity.org
(818)756-7741

MONDAY FIND YOUR FLOW

TIME 12:00PM-1:00PM

FEE \$3

ROOM#7



Register online or in
Person Room #4



Wilkinson.seniorcenter

Reconnect with your breath, move with intention, and find balance from within. A calming space to stretch, strengthen, and simply be.



Person with disabilities are welcome to participate in our programs 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.