



City of Los Angeles Rec And Parks Robert M. Wilkinson Multipurpose Center  
 8956 Vanalden Ave.  
 Northridge Ca,91324  
 Wilkinson.seniorcenter@lacity.org  
 (818)756-7741



# Thursday Chair Yoga



**4/2/2026-5/21/2026**

**Time; 8:45am-9:45am**

**Fee \$25**

**8 Week Session**



**Wilkinson.seniorcenter**



Register online or in  
 Person Room 4

**Persons 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.**