



CITY OF L.A REC & PARKS WILKINSON SENIOR CENTER

8956 Vanalden Ave.  
Northridge CA 91324  
(818)756-7741



# WEDNESDAY BALLROOM



**4:30PM-5:30PM  
FEE \$25  
JAN 21,2026-MARCH 11,2026**

**GOOD FOR;**

- ★ **IMPROVING**
- ★ **CARDIOVASCULAR**
- ★ **MUSCLE STRENGTH**
- ★ **FLEXIBILITY**
- ★ **BALANCE**
- ★ **ENDURANCE**
- ★ **FUN WAY TO  
MANAGE HEALTH**



**REGISTRATION ONLINE OR IN  
PERSON ROOM #4**



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.