

City of Los Angeles | Department of Recreation & Parks

YOSEMITE



Thursdays
7pm - 8pm
\$40 /4 weeks
Ages 18+

STARTING
JUNE 5!!

- Improve posture and body alignment
- Increase muscle flexibility
- Enhance breathing techniques
- Reduce stress and promote relaxation
- Sculpt and tone your body
- Safe and injury-free workout

Registration Link

laparks.org/reccenter/yosemite



(323) 257-1644



YosemitePark.RecreationCenter@lacity.org



1840 Yosemite Drive, Los Angeles , CA 90041



Yosemite.RC

*Persons with disabilities are welcome to participate in our programs.
Reasonable accommodations will be made with prior arrangement.
Please be aware that some accommodations may take 30 days or longer.
Please submit your request for an accommodation as soon as possible.*

