

Physical Fitness

For Older Adults

West Los Angeles Locations

This course is designed for the older adult and offers instruction in movement to maintain and increase range of motion, build muscular strength, and enhance coordination and balance. The course provides exercises that contribute to sound physical, mental, and emotional well-being. Registration Fee: \$20. Class Fee: \$20 per semester. Student Body Card: \$2.

Barrington Park

338 S. Barrington Ave., L.A. 90049
Thursday, 10:15 am - 12:15 pm

Stoner Park

1835 Stoner Avenue, LA, CA 90025 (310) 575-8286
Mon., Wed., & Friday, 8:45-10:45 am
Tuesday & Thursday, 8:30-10:00 am
Monday & Friday, 11:00 am-12:30 pm
Monday & Wed., 1-3 pm

Felicia Mahood Senior Center

11338 Santa Monica Blvd. LA, 90025 (at Corinth)
Tuesday, 9:30-11:30 am
Monday, 12:30-2:30 pm (Tai Chi)

Pacific Palisades Presbyterian Church

15821 Sunset Blvd. Pacific Palisades 90272
Tuesday & Thursday, 1-3 pm

United Methodist Church

10497 Wilshire Blvd., West L.A. 90024
Thursday, 9:00 - 11:00 am



**Open enrollment.
Join at any time.**

University Synagogue

11960 Sunset Blvd., West LA, 90049
(between Bundy and Barrington) (310) 472-1255
Tuesday & Thursday, 10:15 am-12:15 pm

Questions? Call (323) 370-1040 or (310) 914-3565

or go to our website at westsideadultschool.org

Westside Community Adult School

Division of Adult and Career Education • Los Angeles Unified School District

