



HEALTHY LA VERNE CALENDAR

MAY 2016



May 2016:

Activities:

- **2nd-30th: Complete Body Workout** at the Community Center, 5:30-6:30 PM every Monday and Wednesday. \$40 per session (session runs thru February). Registration required at the Community Services Office (3660 "D" Street). Call (909) 596-8700 for more info.
- **2nd-30th: Kiddie Workout** at the Community Center, Mondays & Wednesdays, 4:30-5:30 PM. \$60. Registration required at the Community Services Office (3660 "D" Street). Call (909) 596-8700 for more info.
- **5th-26th: Yoyalates (Yoga & Pilates)** at the Community Center, 7:00-8:00 PM every Thursday. \$25. Registration required at the Community Services Office (3660 "D" Street). Call (909) 596-8700 for more info.
- **25th: Free Senior Seminar on "Ageless Living"** at the Community Center, 9:30-11:00 AM. Presented by Forever Youthful Image. Call (909) 596-8776 to R.S.V.P.
- **25th: Chair Massage** at the Community Center, appointments start at 12:00 PM on the last Wednesday of every month. 15 minutes for \$10. Appointments required. Call (909) 596-8776 to book.

ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday, **Open Discussion Group**, 10:00-11:30 AM
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30-2:30 PM.
- Wednesday & Friday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Thursday, **Tai Chi Class** at the Community Center, 1:00-3:00 PM.
- **Yoga Basics, Chair Yoga, Fall Prevention and Cardio Sculpt** at Hillcrest. Call (909) 392-4059 for more information.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time everyday. Call (909) 596-8776 for more information.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call leader Anna Grubb for more information at (909) 730-3322.

COMMUNITY WIDE HEALTH & WELLNESS ACTIVITIES INCLUDED.

Don't see your organization's activity?

Please call the City of La Verne Community Services Office at (909) 596-8776.

Visit us online at www.ci.la-verne.ca.us to view our Recreation Guide
or to register for classes.