



# HEALTHY LA VERNE CALENDAR

## JULY 2016



### JULY 2016:

#### *Activities:*

- **1<sup>st</sup>-29<sup>th</sup>: Recreation Swimming** at Las Flores Park Aquatic Center (3175 Bolling Ave.) Fridays, 2:00-4:30 PM. \$3/person. Call (909) 596-8700 for more info.
- **1<sup>st</sup>-30<sup>th</sup>: Adult Open Lap Swim (16 years and older)** at Las Flores Park Aquatic Center (3175 Bolling Ave.) Monday-Fridays, 8:15-11:00 AM and 4:30-7:20 PM and Saturdays, 8:00-11:20 AM. \$3. Call (909) 596-8700 for more info.
- **6<sup>th</sup>-27<sup>th</sup>: 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.
- **6<sup>th</sup>-27<sup>th</sup>: 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.
- **7<sup>th</sup>: Free Blood Pressure Check** at the Community Center the first Thursday of the month from 10:00 AM-12:00 PM. No appointment needed.
- **7<sup>th</sup>-28<sup>th</sup>: Yoyalates (Yoga & Pilates)** at the Community Center, 6:30-7:30 PM every Thursday. \$25. Registration required at the Community Services Office (3660 "D" Street). Call (909) 596-8700 for more info.
- **9<sup>th</sup>: Family Night Swim** at Las Flores Park Aquatics Center (3175 Bolling Ave.) Saturday, 4:00-7:30 PM. Hawaiian Theme. \$3/person. Call (909) 596-8700 for more info.
- **15<sup>th</sup>-29<sup>th</sup>: Mat Pilates** at the Community Center, 6:30-7:30 PM every Friday. \$28. Registration required at the Community Services Office (3660 "D" St.). Call (909) 596-8700 for more info.
- **27<sup>th</sup>: Free Senior Seminar on "Asking your Doctor the Right Questions"** at the Community Center, 9:30-11:00 AM. Presented by Elder Bridge. Call (909) 596-8776 to R.S.V.P.

### ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- 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 or check out [Lvtrailtrekkers.org](http://Lvtrailtrekkers.org).
- 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](http://www.ci.la-verne.ca.us) to view our Recreation Guide

or to register for classes.