



HEALTHY LA VERNE CALENDAR OCTOBER 2016



OCTOBER 2016:

Activities:

- **3rd-26th: 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.
- **3rd-26th: 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.
- **6th-27th: Yogalates (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.
- **7th-28th: Adult Stretch & Tone** at the Community Center, 6:15-7:15 PM every Friday. \$82 (goes thru December). Wear a leotard, stretch pants and ballet slippers. Registration required at the Community Services Office (3660 "D" Street). Call (909) 596-8700 for more info.
- **14th-28th: 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.
- **19th: Annual Flu Shot Clinic & Health Fair** at the Community Center, 9:00-11:30 AM. This is a free event for people 60 years of age and older and people with disabilities. No reservations required. Shots are given on a first-come-first-served basis. There will be various vendors, refreshments and a raffle at the Health Fair. Call (909) 596-8776 for more information.
- **20th: Free Blood Pressure Check** at the Community Center the third Thursday of the month from 9:30-11:30 AM. No appointment needed.

ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday & Thursday, **Qi Gong**, 5:15-6:15 PM at Sneaky Park (3rd & "C" Street). Please call Julia at (909) 720-9832 if interested.
- 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.
- 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.**