



# HEALTHY LA VERNE CALENDAR

## MAY 2017



### MAY 2017:

#### *Activities:*

- **1<sup>st</sup>-31<sup>st</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.
- **1<sup>st</sup>-31<sup>st</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.
- **2<sup>nd</sup>-16<sup>th</sup>: Essential Oils 101** at the Community Center, 6:30-7:30 PM every Thursday. \$40 per session. Registration required at the Community Services Office (3660 “D” Street). Call (909) 596-8700 for more info.
- **4<sup>th</sup>-18<sup>th</sup>: Detox & Prepare** at the Community Center, 6:30-7:30 PM every Thursday. \$40 per session. Registration required at the Community Services Office (3660 “D” Street). Call (909) 596-8700 for more info.
- **4<sup>th</sup>-25<sup>th</sup>: Yogalates** at the Community Center, 6:30-7:30 PM every Thursday. \$30 per session. Registration required at the Community Services Office (3660 “D” Street). Call (909) 596-8700 for more info.
- **12<sup>th</sup>-26<sup>th</sup>: Mat Pilates** at the Community Center, 6:30-7:30 PM every Friday. \$30 per session (goes thru June). Registration required at the Community Services Office (3660 “D” Street). Call (909) 596-8700 for more info.
- **24<sup>th</sup>: “Memory Loss”** free senior seminar presented by Claremont Place at the Community Center, 9:30 – 10:30 AM. Call (909) 596-8776 to reserve your spot.

### ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday & Wednesday, **Qi Gong**, 5:10-6:00 PM at Sneaky Park (3<sup>rd</sup> & “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](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.cityoflaverne.org](http://www.cityoflaverne.org) to view our Recreation Guide

or to register for classes.