



HEALTHY LA VERNE CALENDAR

APRIL 2019



April 2019:

Activities:

- **1st-22nd: Yogalates** at the Community Center, Mondays, 6:30-7:30 PM. \$30 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **11th&25th: Oils, Health & Nutrition** at the Community Center, Thursdays, 6:00-7:00 PM. \$30 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **19th: Blood Pressure Check** at the Community Center, every third Friday of the month, 10:00 AM -12:00 PM. No appointment needed – Free!

ONGOING FREE CLASSES:

- Monday, **Senior Pinochle**, 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.
- Tuesday & Thursday, **Qi Gong**, 5:10-6:00 PM at Sneaky Park (3rd & “C” Street). Please call Julia at (909) 720-9832 if interested.
- 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.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time every day. 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.cityoflaverne.org to view our Recreation Guide
or to register for classes.**