



# HEALTHY LA VERNE CALENDAR DECEMBER 2017



## DECEMBER 2017:

### *Activities:*

- **1<sup>st</sup>-22<sup>nd</sup>: Mat Pilates** at the Community Center, 6:30-7:30 PM every Friday. \$38 for session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **4<sup>th</sup>-27<sup>th</sup>: Complete Body Workout** at the Community Center, 5:30-6:30 PM every Monday and Wednesday. \$25 per session (session runs thru January). Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **4<sup>th</sup>-27<sup>th</sup>: Kiddie Workout** at the Community Center, Mondays & Wednesdays, 4:30-5:30 PM. \$60 per session (session runs thru January). Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **21<sup>st</sup>: Free Blood Pressure Check** at the Community Center, every 3<sup>rd</sup> Thursday of the month, 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**, 5:10-6:00 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.**