



HEALTHY LA VERNE CALENDAR

JULY 2019



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Activities:

- **5th-26th: Recreation Swimming** at Las Flores Park Aquatics Center, every Friday 2:00-4:30 PM. \$3 per person.
- **8th-31st: Kiddie Workout** at the Community Center, Mondays & Wednesdays, 4:30-5:30 PM. \$50 per session. Registration required at the Community Services Office (3660 "D" Street) or online. Call (909) 596-8700 for more info.
- **8th-31st: Complete Body Workout** at the Community Center, Monday & Wednesdays, 5:30-6:30 PM. \$30 per session. Registration required at the Community Services Office (3660 "D" Street) or online. Call (909) 596-8700 for more info.
- **8th-29th: Yoga & Pilates (Yogalates)** at the Community Center, 6:30-7:30 PM every Wednesday. \$35 per session. Registration required at the Community Services Office (3660 "D" Street) or online. Call (909) 596-8700 for more info.
- **12th: Mindful & Meditation Seminar** at the Community Center, 9:30-10:30 AM. Free seminar presented by Ron Serven. Call (909) 596-8776 to reserve a spot.
- **15th-31st: Get Fit with Water Fitness** at Las Flores Park Aquatics Center, every Monday, Wednesday and Friday (thru July) 6:15-7:15 PM. \$65 per session. Registration required at the Community Services Office (3660 "D" Street) or online. Call (909) 596-8700 for more info.
- **19th: Free Blood Pressure Check** at the Community Center, every 3rd Friday of the month, 9:30-11:30 AM. No appointment needed.

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.
- 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.
- **Trail Trekkers**-different local trails 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 group 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/recguide to view our Recreation Guide
or to register for classes.