

Class Schedule

Room B-62, Kenneth Hahn Hall of Administration
Effective March 20, 2018

Class	Day of Week	Time
Salsa (Beginning) Jesse Zhu at (805) 965-5609 or Jeszhu@gmail.com Free Class	Monday	12:00 noon – 12:50 pm
	Monday	5:30 pm – 6:30 pm
Yoga (holistic) Sanmay Mukhopadhyay at (714) 318-8784 or smukhopadhyay@cio.lacounty.gov Free Class	Tuesday	12:00 noon – 12:50 pm
OULA Fitness (Cardio Dance Class to Top-40 Hits) Kelly Vail at (805) 990-2875 kvail@lacourt.org Free Class	Tuesday	5:30 pm – 6:30 pm
Mat Pilates (Beginning) Niambi Sims (323) 309-1802 \$12/class; \$50 for 5 classes Please enroll in advance by text to: 323-309-1802	Wednesday	12:00 noon – 12:50 pm
	Wednesday	5:30 pm – 6:30 pm
Salsa (Beginning)* Jesse Zhu at (805) 965-5609 or Jeszhu@gmail.com Free Class	Thursday	12:00 noon – 12:50 pm
Zumba Shirley Sarkisian at shirlzum@yahoo.com Free Class	Thursday	5:30 pm – 6:30 pm
	Friday	12:00 noon – 12:50 pm
	Friday	5:30 pm – 6:30 pm

* The Thursday Salsa class will not meet one - two days per month due to the Healthy Connections workshops. The Healthy Connections schedule is posted in Room B-62.

Classes are taught by certified, private instructors or County volunteers. Participation is voluntary, and the County is not responsible for any fees or damages arising out of any injury that may be sustained by participating in any of the above classes.

Space is limited. Participation is on a first-come, first-serve basis. **County employees only.**

Questions about the exercise program should be directed to Summer Oliney, Department of Human Resources, at soliney@hr.lacounty.gov or (213) 974-5103.