

Class Schedule

Room B-62, Kenneth Hahn Hall of Administration
Effective September 17, 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
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
Salsa (Beginning) Jesse Zhu at (805) 965-5609 or Jeszhu@gmail.com Free Class	Wednesday	12:00 noon – 12:50 pm
Cardio Circuit Pump Janet Li at (213) 974-0697 or ili@counsel.lacounty.gov Free Class	Wednesday	5:30 pm – 6:30 pm
Zumba Shirley Sarkisian at shirlzum@yahoo.com Free Class	Thursday	5:30 pm – 6:30 pm

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 Natalie Espinoza, Department of Human Resources, at nespinoza@hr.lacounty.gov or (213) 974-5103.