

Class Schedule

Room B-62, Kenneth Hahn Hall of Administration

Effective December 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 |
| 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.