

Class Schedule

Kenneth Hahn Hall of Administration Room B-62

Effective June 1, 2019

Class	Day of Week	Time
OULA Fitness (Cardio Dance Class Top 40 Hits) Kelly Vail (805) 990-2875 kvail@lacourt.org Free Class	Monday	5:30 pm – 6:30 pm
Yoga (holistic) Sanmay Mukhopadhyay (714) 318-8784 smukhopadhyay@cio.lacounty.gov Free Class	Tuesday	12:00 noon – 12:50 pm
Salsa (Beginning) Jesse Zhu (805) 965-5609 Jeszhu@gmail.com Free Class	Wednesday	12:00 noon – 12:50 pm
STRONG BY ZUMBA Janet Li followmejanetli@gmail.com Free Class Available from June 5 th – July 31 st	Wednesday	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.

The room is reserved two Thursdays per month due to the lunchtime Healthy Connections workshops. The Healthy Connections schedule is posted in Room B-62.

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

Questions about the exercise program should be directed to the Department of Human Resources – Workplace Programs at workplaceprograms@hr.lacounty.gov.