

# Class Schedule

## Kenneth Hahn Hall of Administration Room B-62

*Effective July 19, 2019*

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