

**Exercise Class Schedule**  
**Room B-62, KHHOA**  
**Effective January 20, 2010**

<b>Class</b>	<b>Day of Week</b>	<b>Time</b>
<b>Salsa (Beginning)</b> Linda Lees (213) 893-0386 Free of charge	Monday	12:00 P.M. – 12:50 P.M.
<b>Yoga (All levels)</b> Robert Taylor, Jr. 310-462-2898 \$10/class; \$60 for 7 classes	Monday	5:15 P.M. – 6:15 P.M.
<b>Yoga (All levels)</b> Sam Graham (323) 667-2671 \$10/class; \$50 for 6 classes	Tuesday	12:00 Noon – 12:50 P.M.
<b>Zumba</b> Susie Bartes <a href="mailto:SusieBartes@aol.com">SusieBartes@aol.com</a> or <a href="http://www.susiebartes.com">www.susiebartes.com</a> \$10/class; \$64 for 10 classes	Tuesday <b>8 session class only</b> <b>Call instructor for end date</b>	5:30 P.M. – 6:30 P.M.
<b>Mat Pilates (Beginning)</b> Niambi Sims (323) 309-1802 \$10/class; \$80 for 10 classes	Wednesday	12:00 Noon – 12:50 P.M.
<b>Salsa (Beginning)*</b> Linda Lees (213) 893-0386 Free of charge	Thursday	12:00 Noon – 12:45 P.M.
<b>Cardio Boot Camp</b> Ron Carter (310) 901-5573 \$10/class; \$64 for 8 classes	Thursday	5:30 P.M. – 6:30 P.M.
<b>Yoga (All levels)</b> Robert Taylor, Jr. 310-462-2898 \$10/class; \$60 for 7 classes	Friday	12:00 Noon – 12:50 P.M.

\* The Thursday Salsa class will not meet one day per month due to the Healthy Connections seminars. The Healthy Connections seminar 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 will be on a first-come first-serve basis.

Questions about the exercise program should be directed to Diana Fonseca, Department of Human Resources, at (213) 738-2236.

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