

Free Fitness Classes

Suitable for All Levels of Fitness

Kaiser Permanente West Los Angeles Medical Center's **Healthy Workforce Committee** is offering a **FREE OF CHARGE** program to promote exercise and healthy living.

When: Every Tuesday
5:30 p.m. – 6:30 p.m.

Where: Basement Classrooms A & B

What to expect: The program is a mix of cardio and strength training, suitable for all fitness levels. Please bring your own exercise mat and water.

To register: Sign up via [meetup.com](https://www.meetup.com) to RSVP and get updates. Search for “Thrive Los Angeles: Hiking, Biking and Fitness.”

For more information, please contact Manny Villagomez at (323) 857-2332 or email Manuel.L.Villagomez@kp.org.

