

## Rates:

**Basic monthly membership \$20/month**  
\* gym + classes (Zumba not included)  
\* standing frame/FES/iCare appointments without assistance

**VIP Monthly membership \$25/month**  
\* gym + classes (Zumba not included)  
\* standing frame/FES/iCare appointment with assistance

**Get Fit Basic Monthly membership \$15/month**  
\* requires annual contract and auto pay  
\* gym + classes (Zumba not included)

**Zumba Classes Only \$5/class**  
\*Zumba Classes Only  
(gym and additional classes not included)

**Basic Zumba membership \$35/month**  
\* gym + classes (Zumba included)

**Get Fit Zumba membership\* \$30/month**  
\* requires annual contract and auto pay  
\* gym + classes (Zumba included)

**Get Fit paid in full for one year\*\* \$160/year**  
\*\* requires annual contract  
\* gym + classes (Zumba not included)

**Get Fit Zumba paid in full for one year\*\* \$325/year**  
\*\* requires annual contract  
\* gym + classes (Zumba included)

**Lifetime membership \$3600**



**We have something  
for everyone**

## Specialty Services Menu

**Massage Therapy — NEW!!!**

**Pilates Private Sessions**

**Holistic Wellness Consultation !**

**Physical Therapy Wellness Consultation**

**CrossFit Class**

**Personal training**

**Robotic session**

**Functional Electrical Stimulation (FES) session**

**Standing Frame Session**

**iCARE Elliptical Session**

**Don Knabe Wellness Center**  
7601 E Imperial Hwy.  
Downey, CA 90242  
Phone: (562) 385-6600  
RLAWellness@dhs.lacounty.gov

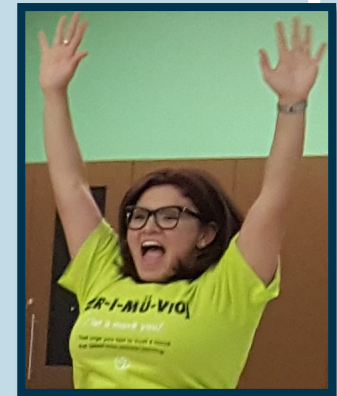


7601 E. Imperial Hwy, Downey, CA 90242 (562) 385-7111 TTY/TDD: (562) 385-8450  
CLASSES WILL BE HELD BASED ON INSTRUCTOR AVAILABILITY.  
SOME CLASSES MAY CANCEL DAY OF SESSION, WITHOUT PRIOR NOTIFICATION.

Spring 2018




**Don Knabe  
Wellness Center**

**Wellness  
For  
Everyone!**



**Hours**  
Monday—Friday  
7am—6 pm

**Mind • Body • Spirit**

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am English Class	10:00 am Restorative Gardening* 900 building	10:45am Stroke Support Group	10:00 am Restorative Gardening* * 900 building	
11:00 am Sitting Exercise Class	10:00 am Brains in Motion	11:00 am Sitting Exercise Class	10:00 am MS Support Group* * 900 building, unit 901, room 10	
12:00 pm Walk/Roll/Run* Wellness Center Plaza	11:00 am Seated Tai Chi	11:00 am All Things Web (1st Wednesday of every month)	10:00am Aphasia Support Group (English)	
12:00 pm Brain Injury Support Group	12:15 pm Mat Pilates **No class on 06/19**	11:00am Finance Class (2nd Wednesday of every month)	11:00 am Aphasia Support Group (Spanish)	
12:15 pm Zumba Fitness	1:00 pm Artists on the Rise	12:00pm Stress Reduction Through Meditation <u>*To participate call (562) 385-6000*</u>	12:00 pm SCI Support Group (Spanish)	11:00 am Sitting Exercise Class
1:00 pm Driver's Training Support Group* (2nd and 4th Monday of every month) * 900 building, room 88A	1:00 pm In Home Supportive Services (1st and 3rd Tuesday of every month) * 900 building, room 4	12:10 pm Wellness for the Soul	12:00 pm Women's Support Group (2nd Thursday of every month)	12:10 pm Zumba Fitness
1:00 pm Artists on the Rise	1:15 pm Zumba Gold	12:15 pm Zumba Fitness	12:15 pm Kundalini Yoga	1:00 pm So You Think You Can't Dance? **No Class On 4/13, 4/20, 5/25, 6/1, 6/22, 6/29**
1:30 pm Chair Pilates April 4-May 7/May 9-June 13/June 18-July 18	5:00 pm CrossFit April 17-May 17/ May 22-June 21	1:30 pm Chair Pilates April 4-May 7/May 9-June 13/June 18-July 18	1:00 pm SCI Support Group (English)	
2:00pm Diabetes Support Group* 900 building, 902/903 Solarium		1:00pm Exploring the Performing Arts (4th Wednesday of every month)	1:00pm Aromatherapy Class on 4/5, 5/10, 6/7	
5:00 pm Core Strengthening and Flexibility Mat Pilates Class April 4-May 7/May 9-June 13/June 18-July 18		1:00pm Stroke Support Group	1:15 pm Zumba Gold	
		1:30pm Bingo (1st and 3rd Wednesday of every month)	2:00pm Brains in motion	
		2:00 pm KnowBarriers Goal Setting Class (4th Wednesday of every month)	5:00 pm CrossFit April 17-May 17/ May 22-June 21	
		5:00 pm Core Strengthening and Flexibility Mat Pilates Class April 4-May 7/May 9-June 13/June 18-July 18		