

REGISTER in four simple steps:

- 1** Visit **CCNP** – Westlake/Pico-Union FamilySource Center
- 2** Bring proof you live in the City of Los Angeles: A valid CA ID **OR** a utility bill **OR** a postmarked mail.
- 3** Bring proof of family income: Paycheck stub **OR** benefit check/statement **OR** unemployment check/statement.
- 4** Bring a picture ID or picture for your gym membership

All documentation must be current within 90 days of enrollment.

After eligibility verification, the cost to enroll and participate in the health and wellness programs is \$12 a month for customers (ages 13 and over) and \$5.00 a month for youth (ages 5-12), plus an annual \$15.00 registration fee. This small fee will give you unlimited access to CCNP's Health and Wellness Programs.



For more information or to register please call (213) 482-8618
or visit us at 501 S. Bixel Street, Los Angeles, CA 90017

www.laccnp.org

Co-Sponsored by the City of Los Angeles, Community Development Department, FamilySource System. EEO-Affirmative Action Employer. Auxiliary aids and services are available upon request to individuals with disabilities.

FITNESS & FUN FOR THE WHOLE FAMILY!

YOUTH & FAMILY CENTER



Westlake/Pico Union

family
source



HEALTH & WELLNESS PROGRAMS



CCNP's Health and Wellness programs are committed to providing you and your family with a safe, fun, and active environment. Create family traditions and lasting memories by giving your family the gift of physical activity. Physical activity can increase self-esteem and capacity for learning; help handle stress, build and maintain healthy bones, muscles and joints; and help control weight. Join CCNP's Health and Wellness programs and let us help you start living a healthy life!



MARTIAL ARTS (AGES 5-8 & 9-12)

Teaches youth basic concepts of martial arts in a positive fun environment where they will develop their motor skills, strength and coordination. More importantly, it teaches youth to challenge themselves, set goals, and persevere in the attainment of those goals.

Hours: Monday, Tuesday and Wednesday;
Ages 5 to 8: 3:30 – 4:30pm & Ages 9 to 12: 4:30 – 5:30pm

MARTIAL ARTS (AGES 13+)

Learn one of the most comprehensive forms of martial arts that teaches and encourages defense techniques, spiritual training, intellectual enhancement, and artistic pursuits.

Hours: Monday, Tuesday and Wednesday; 7 – 8:30pm

FAMILY FITNESS YOGA

Spend fun, quality time with your children, while learning techniques for self-health, relaxation and inner fulfillment. Your family will learn a variety of poses and stances to help you calm your mind and increase your body awareness, flexibility, strength and endurance. **Hours: Tuesday and Wednesday, 6 – 7pm**



COME TO CCNP FOR FITNESS & FUN!

AEROBICS

Increase your cardiovascular endurance, while moving to great music, what could be more fun than that? This cardio workout will strengthen your heart and lungs, burn calories, lower cholesterol, decrease stress, reduce the risks of some diseases and improve your quality of life.

Hours: Monday – Friday 7 – 8pm

WEIGHT TRAINING EQUIPMENT

Enjoy thousands of square feet of weight training equipment to work every part of your body. So whether it's curling, pressing, benching or squatting, you'll have a variety of ways to shape your physique.

Hours: Monday – Friday, 9am – 12pm & Monday – Friday, 4 – 8pm

CARDIO EQUIPMENT

We feature several types of cardio equipment to help you lose weight and improve your cardiovascular health. Cardio exercise should be part of your exercise routine and we offer treadmills, elliptical, cycling and much more to keep you going!

Hours: Monday – Friday, 9am – 12pm & Monday – Friday, 4 – 8pm