



TRY IT You'll Like It

To support a healthy Beverly Hills community and provide the opportunity to try something new, we encourage all adults and active senior adults to try one of the many classes offered by the City of Beverly Hills Community Services Department. We hope from this offer to try one class, you'll like it and consider registering for the full summer session. A list of all the available Try It classes are on the back of this flyer. You must be 18+ years for the adult classes and 55+ years for the Active Senior Adult. This offer cannot be combined with other discounts and is only valid for the month of June, 2017.

For more information, call 310.285.6840
or visit www.beverlyhills.org/tryit

TRY IT, YOU'LL LIKE IT – FREE CLASS

This certificate entitles participation in one (1) Adult or Senior Adult Class offered by the City of Beverly Hills Community Services Department. For the summer session, offer expires June 30, 2017. *Applicable classes are listed on the back and subject to change.*



Complete the information below and present to the instructor for one (1) complimentary class.

NAME _____ CLASS ATTENDING: _____
ADDRESS _____ CITY _____ ZIP _____
PHONE _____ E-MAIL _____

PLEASE READ and SIGN THE FOLLOWING:

I hereby agree to indemnify, defend and hold harmless the City of Beverly Hills, and its officers, employees, agents and volunteers, from and against any and all damages, loss, liability, charges, and expenses in any way arising out of my (or my children's) participation in the program for which I am registering. I hereby consent to the photographing, recording and reproduction in any other manner (including use of video and audio) of the likeness, voice and/or activities of the participant and further authorize the City of Beverly Hills, its agents or assigns, to make unlimited use of such reproductions, including but not limited to broadcasting of the reproductions over radio, television and on the Internet. I understand that I will not receive any monetary compensation now or in the future for participating. I do hereby release and hold harmless the City of Beverly Hills, its officers and employees from any claims.

Signature _____ Date _____

(This offer is for ages 18 years and older. Only one class per person. All applicable classes are listed on the back of this flyer. List is subject to change without notice. Cannot not be applied with other discounts)

For a complete listing of the classes offered this summer go to www.beverlyhills.org/brochure or call 310.285.6840.



Try It, You'll Like It - Class Selections

Classes are held at: Roxbury Park Community Center (RPCC)
 La Cienega Community Center (LCCC) • Beverly Hills High School (BHHS)

AGE	PROGRAM	DAY/TIME	LOCATION	
ADULT (18+)	Adult Fitness & Weight Training	M/W • 6:00pm	BHHS	
	Adult Fitness & Weight Training	M/W • 7:00pm	BHHS	
	Adult Fitness & Weight Training	TU/TH • 5:00pm	BHHS	
	Adult Fitness & Weight Training	SAT • 9:00am	BHHS	
	Country Line Dancing	TH • 4:00PM	RPCC	
	Latin Sizzle Workout	TU • 6:00pm	RPCC	
	Mah Jongg	TU • 1:00pm	RPCC	
	Meditation	W • 10:15am	RPCC	
	On Camera Commercial	M • 6:45pm	RPCC	
	Outdoor Qigong - Beginner	W (8:00am) OR SA (7:00am)	RPCC	
	Outdoor Qigong - Intermediate	F • 8:00am	RPCC	
	Outdoor Tai Chi - Beginner	W (9:00am) OR SA (8:00am)	RPCC	
	Outdoor Tai Chi - Intermediate	F • 9:00am	RPCC	
	Pilates - Open Level	F • 10:00am	RPCC	
	Scottish Country Dancing	W • 7:30pm	RPCC	
	Software Applications/Microsoft 2007-2010-2013	TH • 6:15pm	RPCC	
	Spanish Everyday	W • 9:00am	RPCC	
	Stand Tall, Balanced & Keep Moving	TH • 11:00am	LCCC	
	Watercolor Can Be Forgiving	TH • 6:15pm	RPCC	
	Yoga - For Mind, Body & Spirit	W • 6:30pm	LCCC	
	Yoga - Introduction	TU • 10:00am	RPCC	
	Yoga - Iyengar Method	M (6:30pm) OR TH (8:15am)	RPCC	
	Zumba - Ditch the Workout	TU 10:00am	RPCC	
	Zumba - Ditch the Workout	TH 9:15am	LCCC	
	Zumba - Ditch the Workout	SU • 9:00am	RPCC	
	SENIOR ADULT (55+)	Acting for Seniors	F • 1:00pm	RPCC
Brain Fitness		TH • 10:00am	RPCC	
Building Balance		W (10:00am) OR TH (1:00pm)	RPCC	
Creative Writing		TH • 10:30am	RPCC	
Folk and Line Dancing		TU • 11:00am	RPCC	
Move! Grove! and Stretch!		M/W • 8:30am	LCCC	
Multi-Media Art Class		F • 9:30am	RPCC	
Senior Sizzle		M • 10:00am	RPCC	
Stretch and Tone		M/W/F • 9:00am	RPCC	
Yoga - Beginners & Intermediate		SA • 9:30am	RPCC	
Yoga - Chair		M • 10:30am	RPCC	
Vital Movement		F • 10:15am	RPCC	

Must submit a completed form (see front of flyer) to the instructor for admittance.