



Exercise Opportunities Sepulveda Ambulatory Care Center

WALKING GROUP

There is a walking group that meets each Wednesday at the track at 10am (with a MOVE maintenance meeting following in Bldg 20, Room B125). Through the Women's MOVE! Program, there is a women's walking group that meets at 2:30pm following the 1:15pm MOVE! to wellness meeting on wednesdays in the women's clinic, Bldg 200, 3rd Floor, Rm 3140

Primary Contact: Mira Doshi, MS,RD: (818) 891-7711 ext. 9919 or 9041 for Wednesday Group.
Michele Mack, NP (818) 895-9555 for the women's group

WELLNESS CLINIC

Assist individuals in engaging in activities toward attainable goals of fitness through assessment of current health status, evaluative tests and positive course of actions.

Primary Contact: Ask your primary care provider for a consult to the Wellness Clinic.



POOL THERAPY CLASSES

This program aims to benefit patients' health through pool therapy for those who are unable to engage in land-based therapy. Veterans will have group or individualized therapeutic exercise program. If interested, talk to your primary care provider about entering a consult for pool therapy.

Primary Contact: Scott Reider, ext. 9932 or Patrick Gregorio, ext. 9973



Community Resources

YMCA

This organization offers group and/or individual aquatics as well as fitness programs in select locations.

Fees:

Depend on type of membership. Financial assistance is available. “No one is turned away from membership for inability to pay.” Veterans receive a discount for gym facility use.

Primary Contact:

To locate one of the 25 facilities closest to you, check out the website: www.ymcala.org or call 213-380-6448.

LA PARKS PROGRAMS

LA Parks offer a variety of activities such as sports clinics, dance, bowling, fitness and body conditioning, adaptive swimming, and wheelchair sports at select locations.

Primary Contact:

For fees or to locate a facility and activity closest to you, check out the website: www.laparks.org or call (213) 202-2700.

OUTDOOR COMMUNITY POOLS

Granada Hills Pool (818) 360-7107
16370 Chatsworth St. Granada Hills 91344)
(seasonal pool, unheated), 65+ are free

Aquatic Center (661) 250-3766
20850 Centre Point Pkwy, Santa Clarita 91350
Lap swim: \$3.00, Water Exercise programs: \$4.00

INDOOR COMMUNITY POOLS

Spectrum Canoga Park (818) 884-5034
22235 Sherman Way, Canoga Park 91303
\$69/month and \$69 processing fee

Cleveland Pool (Los Angeles Valley College)
(818) 781-1200, 8120 Vanalden, Reseda 91335
\$35 for 10 visits, \$60 for 30 visits, \$2.50 Aquasize

