



Recreation & Family Services Department  
Presents:



# Low Impact Exercise

*Over (8) weeks, this class will cover low impact aerobics, floor work for toning; firming and free weights for strengthening muscles; while promoting activity and healthy living for older adults.*

**Instructor: Ria Benbow**

**Days: Tuesdays, Thursdays, & Fridays**

*With the exception of the 1<sup>st</sup> Friday of each month*

**Time: 9:15 a.m. – 10:15 a.m. (8) week session**

**Fee: \$20.00 Azusa residents /\$24.00 Non- Azusa residents**

**Location: Azusa Senior Center- 740 N. Dalton Ave, Azusa**

**SESSION- January 30<sup>th</sup> – March 30<sup>th</sup>, 2018**

*Registration for this class will be taken at either:*

*Azusa Senior Center, 740 N. Dalton Ave. Azusa, M-TH, 8:30 A.M.-4:00 P.M. & F- 8:30 A.M.-1:30 P.M.*

*Memorial Park, 320 N. Orange Pl., Azusa M-TH, 7:00 A.M.-5:30 P.M.*

*For more information, please call 626 812-5280*



*“Creating a Lifetime of Memories for the Entire Family”*