

Recreation & Family Services Department

Presents:



Chair Exercise Classes

Over eight weeks, this class will work on toning and firming muscles while seated in a chair. Class will also work on flexibility and cardiovascular health while promoting activity and healthy living for older adults.



Instructor: Ria Benbow

Days: Tuesdays, Thursdays, & Fridays

With the exception of the 1st Friday of each month

Time: 10:45 a.m. – 11:45 a.m. (8) week session

Fee: \$20.00 Azusa residents/\$24.00 non- residents

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

SESSION- January 30th – March 30th, 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”