



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 1st 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- February 26-April 19, 2019

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”