



Community Resources Department
Presents:



Low Impact Exercise

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

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- November 5-January 16, 2020

No Classes the week of 11/26, 12/24 & 12/31

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”