

Community Resources Department



Presents:

Chair Exercise Classes

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



Time: 10:45 a.m. – 11:45 a.m. (9) week session

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