

Physical Fitness

For Older Adults

Maruca Medina's Exercise Classes

This course is designed for the older adult and offers instruction in movement to maintain and increase range of motion, build muscular strength, and enhance coordination and balance. The course provides exercises that contribute to sound physical, mental, and emotional well-being. Senior citizens (60 years or older) are exempt from the Registration fee. Registration Fee: \$20 per semester. Class Fee: \$20 per semester. Student Body Card: \$2.



Freda Mohr Center

330 North Fairfax Ave., LA, 90036 (at Beverly Blvd.)

Monday, 3:30-5 pm & Thursday, 12:30-2 pm

(Chair Exercise) (Chair Aerobics)

Pan Pacific Senior Activity Center

141 S. Gardner St. LA 90036 (Next to the Fairfax Branch Library)

Tuesday, 9-10:30am (Chair Exercise) 10:30-12:00 (Yoga Ball)

Wednesday, 10 am-12 noon (Zumba)

Thursday, 2:30-4 pm (Aerobics Fitness & Resistance Training)

Friday, 12-2:00 (Flex & Stretch-Weight training & Pilates)

West Hollywood Park Auditorium

647 N. San Vicente Blvd., W.Hollywood 90069

(Across from the Pacific Design Center)

Monday, 10 am-12 noon

(Aerobics Fitness & Resistance Training)

**Open enrollment.
Join at any time.**

Questions? Call (323) 370-1040 or (310) 914-3565

or go to our website at westsideadultschool.org

Westside Community Adult School

Division of Adult and Career Education • Los Angeles Unified School District

