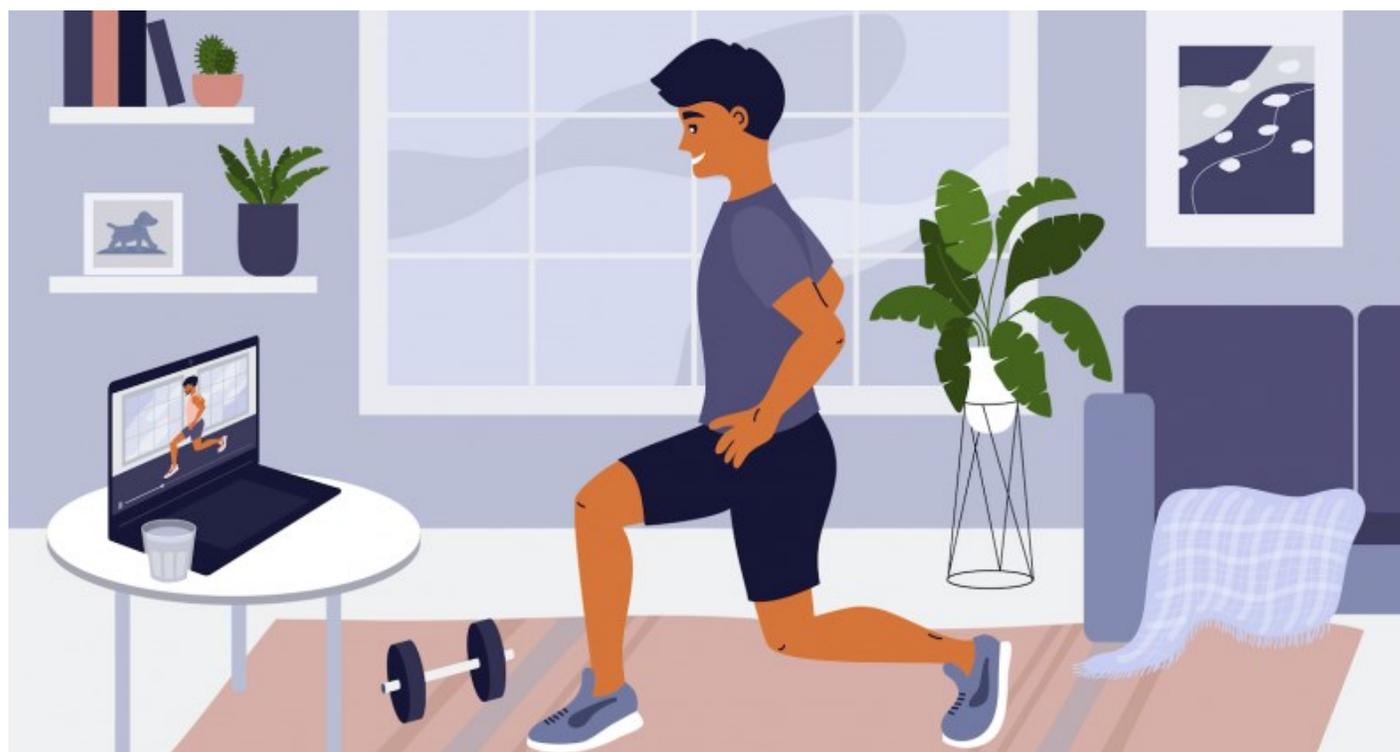




Senior FITNESS class

Every Tuesday and Thursday
9:30 am – 10:30 am



WHAT

A fun and friendly class for seniors of all fitness levels.

EQUIPMENT NEEDED

Comfortable clothes, a towel, water and chair.

INSTRUCTOR

Beverly Beatty,
Certified Advanced Health
and Fitness Instructor

REGISTRATION

Contact Beverly Beatty at
bevbeatty001@yahoo.com
or 310-736-5497 for Zoom invite