



STRENGTH CARDIO CLASS



Classes are to improve physical strength, flexibility, and balance.
Increase mobility with 20 minutes of cardio.

MONDAYS
1PM - 2PM

JOIN TODAY

\$5
per month

GLASSELL SENIOR CENTER

3750 VERDUGO RD. LOS ANGELES, CA 90065

PHONE # 323-550-8809

FULL REFUNDS WILL NOT BE GIVEN UNLESS CLASS IS CANCELLED BY THE CENTER.
A 15% ADMINISTRATIVE FEE WILL BE ADDED TO ALL REFUNDS.
PROGRAMING SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENT.