



FAIRFAX SENIOR CITIZEN CENTER

YOGA FOR STRENGTH & FLEXIBILITY

THIS CLASS IS FOR ACTIVE SENIORS
TUESDAYS 2:00PM-3:00PM



FREE FOR MEMBERS
NON-MEMBER \$2 PER CLASS

PLEASE BRING YOUR OWN MAT, TUBE & DYNABAND

**WORK AT YOUR OWN PACE WITH OUR
WONDERFUL INSTRUCTOR MARUCA** 

City of Los Angeles Mayor Karen Bass

5th District Councilwoman Katy Yaroslavsky

Persons with disabilities are welcome to participate

Reasonable accommodations will be made with prior arrangement

7929 MELROSE AVENUE LOS ANGELES CA 90046 | (323) 653-1824

