



GLASSELL PARK SENIOR CENTER
3750 VERDUGO RD, LOS ANGELES CA 90065
323-550-8809



HEALTHY EXERCISE CLASS

PREVENTATIVE AND PRACTICAL

**SIMPLE MOVES FOR BETTER
STRENGTH, BALANCE
AND INJURY PREVENTION
WITH INSTRUCTOR JESS**

THURSDAYS | 1:05PM

COST PER MONTH | \$5.00



**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.**