



**LINCLON HEIGHTS
SENIOR CITIZEN CENTER**

2323 Workman St. LA CA. 90031

(323) 225-9339

rap-lincolnheightsseniorcenter@lacity.org



Griselda's Chair Workout CLASS



**STAY
ACTIVE!**



Low Impact

Tuesdays's and Thursdays 2pm

Auditorium \$1.00 Per-Class

Register in Office.



**Safe, effective, low impact workout good for all
fitness levels**

**Persons with disabilities are welcomed to participate in our classes and
programs. reasonable accomodations will be made with prior
arrangements.**