



# Senior Exercise Classes

ALL LOCATIONS

EFFECTIVE MAY 2, 2022

## Mondays @ Pacific Community Center

Aerobics	9:15 a.m. to 10:15 a.m.
Slow Stretch	10:15 a.m. to 11:15 a.m.
Absolute Beginner Line Dancing	11:15 a.m. to 12:15 p.m.
* Beginner/Improver Line Dancing	12:30 p.m. to 2:30 p.m.

## Tuesdays @ Sparr Heights Community Center

Zumba	9:00 a.m. to 10:00 a.m.
Muscle Toning	10:00 a.m. to 11:00 a.m.

## Wednesdays @ Pacific Community Center

Zumba	9:15 a.m. to 10:15 a.m.
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## Thursdays @ Sparr Heights Community Center

Aerobics	9:00 a.m. to 10:00 a.m.
Slow Stretch	10:00 a.m. to 11:00 a.m.

## Fridays @ Pacific Community Center

Zumba	9:15 a.m. to 10:15 a.m.
Muscle Toning	10:15 a.m. to 11:15 a.m.

**Meeting ID: 894 7893 4835 | Passcode: PMLB2022**

**For ALL Classes Listed Above**

If you have questions, please email [cspcares@glendaleca.gov](mailto:cspcares@glendaleca.gov) or call (818) 548-4098 or (818) 548-2188.



Reasonable accommodations will be made upon request.