



Community Services
& Parks

Parks
Make
Life
Better!



Senior Exercise Classes

Adult Recreation Center

201 E. Colorado St. Glendale, CA 91205

EFFECTIVE JULY 11, 2022

Mondays	Aerobics	9:00 a.m. to 10:00 a.m.
	Slow Stretch	10:00 a.m. to 11:00 a.m.
Wednesdays	Zumba	9:00 a.m. to 10:00 a.m.
Fridays	Zumba	9:00 a.m. to 10:00 a.m.
	Muscle Toning	10:00 a.m. to 11:00 a.m.

Meeting ID: 894 7893 4835 | Passcode: PMLB2022
For ALL Classes Listed Above

The classes listed above will be offered in a hybrid format, in-person AND online. You are welcome to join us in either format.

In-person classes are \$1.00 for activity card holders, \$3.00 for all others.

In-person classes must follow all LA County Health Department protocols.

If you have questions, please email cspcares@glendaleca.gov or call (818) 548-3775.



Reasonable accommodations will be made upon request.



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Senior Exercise Classes

Pacific Community Center

501 S. Pacific Ave., Glendale, CA 91204

EFFECTIVE JULY 11, 2022

Mondays **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.**

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In-person classes are \$1.00 for activity card holders, \$3.00 for all others.

* This class is \$2.00 for activity card holders, \$4.00 for all others.

In-person classes must follow all LA County Health Department protocols.

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Senior Exercise Classes

Sparr Heights Community Center

1613 Glencoe Way, Glendale, CA 91208

EFFECTIVE JULY 11, 2022

Tuesdays

Zumba

9:00 a.m. to 10:00 a.m.

Muscle Toning

10:00 a.m. to 11:00 a.m.

Thursdays

Aerobics

9:00 a.m. to 10:00 a.m.

Slow Stretch

10:00 a.m. to 11:00 a.m.

Meeting ID: 894 7893 4835 | Passcode: PMLB2022

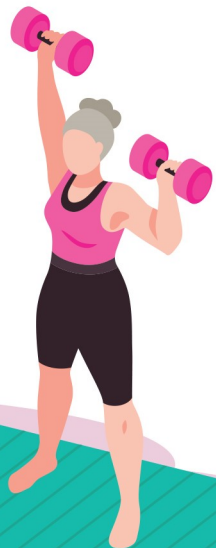
For ALL Classes Listed Above

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In-person classes are \$1.00 for activity card holders, \$3.00 for all others.

In-person classes must follow all LA County Health Department protocols.

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



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Senior Exercise Classes

ALL LOCATIONS

EFFECTIVE JULY 11, 2022

Mondays @ Adult Recreation Center

Aerobics 9:00 a.m. to 10:00 a.m.

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

Mondays @ Pacific Community Center

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 @ Adult Recreation Center

Zumba 9:00 a.m. to 10:00 a.m.

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 @ Adult Recreation Center

Zumba 9:00 a.m. to 10:00 a.m.

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

Meeting ID: 894 7893 4835 | Passcode: PMLB2022

For ALL Classes Listed Above

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



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