



2016

SENIOR CENTER

CHAIR TONING & CONDITIONING FITNESS CLASS

Thursdays

9:00am – 10:00am

Limit of 25 participants

6 week session

INFORMATION:

- WHO:** Adults 50 years +
WHAT: 6 week Chair Toning & Conditioning Fitness
WHERE: Irwindale Senior Center
WHEN: Thursdays; 9:00am – 10:00am
FEE: \$10.00 Irwindale residents/Non-residents

REGISTRATION DATES:

Monday, October 17, 2016 – Irwindale Residents w/ID
Monday, October 31, 2016 – Non-residents

REFUNDS:

No refunds after Thursday, November 17, 2016
Note: No class on November 24, 2016 (Thanksgiving Holiday)

CLASS SIZE:

This class is limited to a maximum of 25 registered students.
Class will not begin until a minimum of 10 students are registered.



**“Why ask for help opening up
that pickle jar when you can
become strong enough to do it
yourself!”**

Instructor Pam Wagoner

This class is designed to challenge all major muscles, to stimulate bone growth, improve posture, decrease body fat and improve balance and mobility through the use of light free weights.

SMILE - YOU ARE ON CAMERA

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Irwindale Senior Center – 16116 Arrow Highway, Irwindale, CA 91706 – (626) 430-2283
For more information contact Becky Bardales at 430-2284.

NOVEMBER 10 – DECEMBER 15, 2016