



Chair Toning

Instructor Pamela Wagoner

Thursdays

April 2 - June 4, 2020

9:00am-10:00am

Older Adults who are 50 years+ can join Chair Toning. This class is designed to challenge all major muscles, improve posture, decrease body fat, and improve balance through the use of light stretch bands.

Registration Dates

Irwindale residents

Monday, March 2, 2020

Non residents

Monday, March 16, 2020

Last Day to Register

Friday, March 27, 2020

Registration Time

8:30am

No refunds after Monday, April 13, 2020

All registrations must be completed 1/2 hour before closing

Fees

Spring

10 week session

Irwindale residents
\$10.00

Non residents
\$10.00

Upcoming Session

Summer 2020

Registration Dates

Irwindale residents

Monday 18, 2020

Non residents

Monday, June 1, 2020

Chair Toning is limited to a maximum of 25 registered students. Class will be held at Irwindale Senior Center Multipurpose Room.

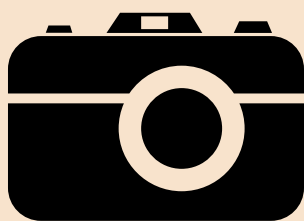
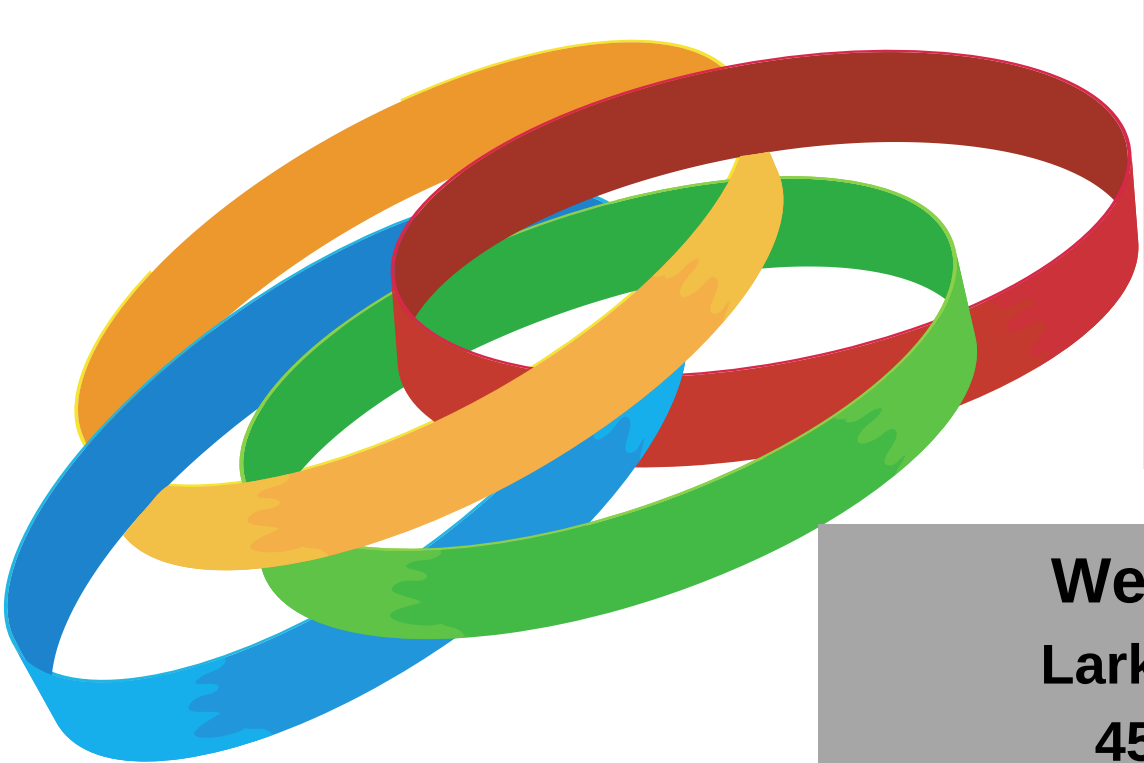
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To learn more about Irwindale Senior Center, visit www.irwindaleca.gov



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We Moved Temporarily
Lark Ellen Welcome Center
4555 N. Lark Ellen Ave.
Covina, CA 91722
Starting January 6, 2020

For more information please contact
Rebecca Bardales at
(626) 430-2284