



# Fitness Room

Monday-Friday

Come and get a workout in our fitness room featuring 3 treadmills, 2 bikes, and 1 elliptical machine. Getting fit is fun with our new 32' TV with Netflix.

To learn more about Irwindale Senior Center, visit [www.irwindaleca.gov](http://www.irwindaleca.gov)



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Exercise Room  
hours of operation:  
Monday - Friday  
8:00am - 3:30pm

The Irwindale Senior Center may use photo, film participates in any Senior Center program, class, workshop, meeting, or special event and use the same for any purpose without payment. Your participation in any Senior Center event constitutes your permission to use your likeness.

For more information, please contact Irwindale Senior Center at (626) 460-2284

