

FITNESS CORNER

Classes are for anyone 55 years or older:

Senior Fitness Class

This class is instructor led and emphasizes stretching, aerobics, and muscle toning using small weights as well as resistance bands. Please bring water! Classes are FREE and are held every Monday and Wednesday from 7:30 to 8:30 a.m. CDBG enrollment form must be completed to attend class.



Zumba

Learn Latin dances like salsa and merengue while experiencing the benefits of exercise. You won't want to miss this exciting new fitness class that is modified for seniors of all exercise levels! Please bring water! Classes are FREE and are held every Thursday from 8 to 9 a.m. and every Friday from 9:15-10:15 a.m. CDBG enrollment form must be completed to attend class

Tai Chi

This ancient Chinese martial art can improve strength and balance. This class is a low-intensity form of Tai Chi that can help build strong knees and ankles, and improve flexibility. Please bring water! Classes are FREE and are held every Tuesday from 9:15 to 10:15 a.m. CDBG enrollment form must be completed to attend class.



Yoga

This beginning yoga class emphasizes balance while developing both strength and flexibility. Please bring water! Classes are FREE and are held every Monday 8:45 to 9:45 a.m. and every Friday from 8:00 to 9:00 a.m.

Aerobics to Music

Come and exercise while grooving along to some music! We invite seniors of all fitness levels! Please bring water! Classes are FREE and are held every Tuesday from 8:00 to 9:00 a.m.

Line Dancing at Alondra Gymnasium

The City of Lawndale has partnered with L.A. County to bring you a line dancing class! Come ready to kick up those heels! Cost is \$2.00 per class! Please bring water Classes are held every Tuesday at 10:00 a.m.

Walking Class

Want to step out into the fresh air in the park? The City of Lawndale and L.A. County host a senior walking class at Alondra Park. Please bring water! Classes are FREE and are held every Monday, Wednesday and Friday from 9:30 to 10:30 a.m.



Senior Beach Walk (Transit Bus) - Sign-Up Required

Join us on the Redondo Beach Strand for a walking class! Meet at the Community Center Annex or at Redondo Beach! Registration is required at least 24 hours in advance! Please bring water! Sessions are FREE and are held every Tuesday and Thursday from 8:00 to 10:00 a.m.