

# Physical Fitness

## For Older Adults

This course is designed for the older adult and offers instruction in movement to maintain and increase range of motion, build muscular strength, and enhance coordination and balance. The course provides exercises that contribute to sound physical, mental, and emotional well-being. Registration Fee: \$20 (Seniors over 60 do not pay registration fee). Class Fee: \$20 per semester. Student Body Card: \$2.



**Open enrollment.  
Join at any time.**

**Classes Start September 13, 2010**

**Monday, 4:00 - 5:30 pm**

**Thursday, 12:30 - 2:30 pm**

**Freda Mohr Center**

*330 North Fairfax Ave., LA, 90036 (at Beverly Blvd.)*



**Questions? Call (323) 370-1040 or (310) 914-3565**

**or go to our website at [westsideadultschool.org](http://westsideadultschool.org)**

**Westside Community Adult School**

Division of Adult and Career Education • Los Angeles Unified School District