

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

Tuesday, 9:30-11:30 am

Felicia Mahood Senior Center

11338 Santa Monica Blvd. LA, 90025 (at Corinth)



**Questions? Call (323) 370-1040 or (310) 914-3565
or go to our website at westsideadultschool.org**

Westside Community Adult School

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