

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 & Thursday, 1:00 - 3:00 pm

Pacific Palisades Presbyterian Church

15821 Sunset Blvd., Pacific Palisades 90272



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