

Keep It Movin'

Afternoon Aerobics Class



A FUN Approach to Senior Fitness!

Smooth "Old School" music sounds and diverse moves come together in this class to provide you with an energetic aerobic workout. So, come on and let's build your flexibility, strength and endurance. Let's get your heart pumping, and let's keep it movin'!

MONDAYS 1:00pm - 2:00pm in Ballroom

WEDNESDAYS Noon - 1:00pm in the Lounge

FRIDAYS Noon - 1:00pm in Hall 1

\$3.00 per class • Sam Robinson, Instructor

DOWNTOWN OAKLAND SENIOR CENTER
200 Grand Avenue ■ Oakland, CA 94610 ■ (510) 238-3284