GROUP FITNESS CLASSES
For the “YOUNG AT HEART”
October 30th - December 6th
Tuesday & Thursday
(6-Weeks)

This class is designed for those who are active and young at heart, yet would like movements that are age appropriate. It is excellent for beginners and active retired individuals.

The goal of this class is to add a zero, to light impact cardiovascular workout, as well as strength training by using resistance bands and light weights to maintain and regain full range of motion. There is limited choreography, so movements are easy to follow.

By limiting the class size to a maximum of 12 people, you will feel like you have your own personal trainer. There is much focus on safety and proper alignment, which in the long run will help prevent injury.

Expect to work up a sweat, and have fun while getting the suggested amount of cardiovascular exercise and strength training recommended for Older Adults by the Center for Disease Control and Prevention.

Location: North Campus Fitness Room
Dates: Tuesday & Thursday
Hours: 10:45 - 11:45AM
Rate: $99 (2x per week / 6-Weeks)

FOR MORE INFORMATION PLEASE CALL JESIKAfit, LLC (818) 415-1712