



Community Services
& Parks

FREE



Virtual Programs for Seniors

Aerobics

Mondays and Thursdays
9:00 a.m. to 10:00 a.m.

Muscle Toning

Tuesdays and Fridays
10:00 a.m. to 11:00 a.m.

Line Dancing

Mondays
12:30 p.m. to 2:30 p.m.

Zumba

Tuesdays, Wednesdays, Fridays
9:00 a.m. to 10:00 a.m.

Slow Stretch

Mondays and Thursdays
10:00 a.m. to 11:00 a.m.

Email CSPCARES@GLENDALECA.GOV
with your first name, last name, and your
telephone number. We will email you a link
for you to join the virtual classes.



**Parks
Make
Life
Better!**

For more information, please call (818) 548-4098