



Community Services  
& Parks

Parks  
Make  
Life  
Better!



# Senior Exercise Classes

## Adult Recreation Center

201 E. Colorado St. Glendale, CA 91205

Effective February 1, 2023

<b>Mondays</b>	<b>Aerobics</b>	<b>9:00 a.m. to 10:00 a.m.</b>
	<b>Slow Stretch</b>	<b>10:00 a.m. to 11:00 a.m.</b>
<b>Wednesdays</b>	<b>Zumba</b>	<b>9:00 a.m. to 10:00 a.m.</b>
<b>Fridays</b>	<b>Zumba</b>	<b>9:00 a.m. to 10:00 a.m.</b>
	<b>Muscle Toning</b>	<b>10:00 a.m. to 11:00 a.m.</b>


**Meeting ID: 894 7893 4835 | Passcode: PMLB2022**

In-person classes are \$1.00 for activity card holders, \$3.00 for all others.

In-person classes must follow all LA County Health Department protocols.

If you have questions, please email [cspcares@glendaleca.gov](mailto:cspcares@glendaleca.gov) or call (818) 548-3775.



 Reasonable accommodations will be made upon request.



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# Senior Exercise Classes

## Pacific Community Center

501 S. Pacific Ave., Glendale, CA 91204

**Effective February 1, 2023**

**Mondays**      **Absolute Beginner Line Dancing**      **11:15 a.m. to 12:15 p.m.**  
\* **Beginner/Improver Line Dancing**      **12:30 p.m. to 2:30 p.m.**

***Meeting ID: 894 7893 4835 | Passcode: PMLB2022***

**In-person classes are \$1.00 for activity card holders, \$3.00 for all others.**

**\* This class is \$2.00 for activity card holders, \$4.00 for all others.**

**In-person classes must follow all LA County Health Department protocols.**

**If you have questions, please email [cspcares@glendaleca.gov](mailto:cspcares@glendaleca.gov) or call  
(818) 548-4098.**



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# Senior Exercise Classes

## Sparr Heights Community Center

1613 Glencoe Way, Glendale, CA 91208

### Effective February 1, 2023

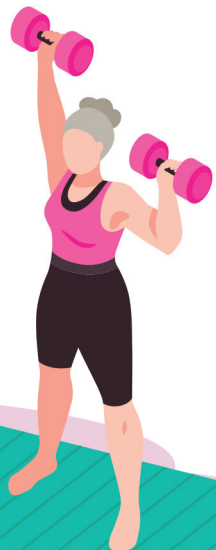
<b>Tuesdays</b>	<b>Zumba</b>	<b>9:00 a.m. to 10:00 a.m.</b>
	<b>Muscle Toning</b>	<b>10:00 a.m. to 11:00 a.m.</b>
<b>Thursdays</b>	<b>Aerobics</b>	<b>9:00 a.m. to 10:00 a.m.</b>
	<b>Slow Stretch</b>	<b>10:00 a.m. to 11:00 a.m.</b>

**Meeting ID: 894 7893 4835 | Passcode: PMLB2022**

**In-person classes are \$1.00 for activity card holders, \$3.00 for all others.**

**In-person classes must follow all LA County Health Department protocols.**

**If you have questions, please email [cspcares@glendaleca.gov](mailto:cspcares@glendaleca.gov) or call (818) 548-2187.**



Reasonable accommodations will be made upon request.



# Senior Exercise Classes

ALL LOCATIONS

Effective February 1, 2023

## Mondays @ Adult Recreation Center

Aerobics	9:00 a.m. to 10:00 a.m.
Slow Stretch	10:00 a.m. to 11:00 a.m.

## Mondays @ Pacific Community Center

Absolute Beginner Line Dancing	11:15 a.m. to 12:15 p.m.
* Beginner/Improver Line Dancing	12:30 p.m. to 2:30 p.m.

## Tuesdays @ Sparr Heights Community Center

Zumba	9:00 a.m. to 10:00 a.m.
Muscle Toning	10:00 a.m. to 11:00 a.m.

## Wednesdays @ Adult Recreation Center

Zumba	9:00 a.m. to 10:00 a.m.
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## Thursdays @ Sparr Heights Community Center

Aerobics	9:00 a.m. to 10:00 a.m.
Slow Stretch	10:00 a.m. to 11:00 a.m.

## Fridays @ Adult Recreation Center

Zumba	9:00 a.m. to 10:00 a.m.
Muscle Toning	10:00 a.m. to 11:00 a.m.

**Meeting ID: 894 7893 4835 | Passcode: PMLB2022**

**For ALL Classes Listed Above**

If you have questions, please email [cspcares@glendaleca.gov](mailto:cspcares@glendaleca.gov) or call (818) 548-4098 or (818) 548-2188.



Reasonable accommodations will be made upon request.