



Arthritis Exercise Class

Veterans Park Senior Center
301 Esplanade, Redondo Beach

Fridays, 8:30 – 9:30am

This class aims to increase endurance and flexibility, restore or maintain muscle strength, improve balance and coordination, relieve stiffness and help joint range of motion. Arthritis Foundation Certified. Come join the fun!

Sponsored by
City of Redondo Beach, Senior & Family Services
310 318-0650 www.redondo.org/senior

