



Arthritis Foundation Certified

Instructors are trained and certified by the Arthritis Foundation

Free group classes offered twice weekly at Perry Park Senior Center
(2308 Rockefeller Lane, Redondo Beach)

MONDAYS and THURSDAYS 10:30-11:30 A.M.
(No class on holidays)

Take this class if you would like to relieve stiffness, restore or maintain joint range of motion, increase flexibility of the structure surrounding the joints, restore or maintain muscle strength, improve posture, increase endurance, improve balance and coordination, improve body awareness, learn stretching and relaxation techniques, and meet new friends. Have fun!

SPONSORED BY CITY OF REDONDO BEACH
SENIOR & FAMILY SERVICES
1922 Artesia Blvd, Redondo Beach, CA 90278
310-318-0650 WWW.REDONDO.ORG/SENIOR

