

# Senior Exercise Classes

## ALL LOCATIONS

Mondays @ Adult Recreation Center	Aerobics	8:00 AM - 9:00 AM
	Slow Stretch	9:00 AM - 10:00 AM
Mondays @ Pacific Community Center	Absolute Beginner Line Dancing	11:15 AM - 12:15 PM
	*Beginner/Improver Line Dancing	12:30 PM - 2:30 PM
Tuesdays @ Sparr Heights Community Center	Muscle Toning	8:00 AM - 9:00 AM
	Aerobics	9:00 AM - 10:00 AM
Wednesdays @ Adult Recreation Center	Yoga	8:00 AM - 9:00 AM
	Zumba	9:00 AM - 10:00 AM
Thursdays @ Sparr Heights Community Center	Aerobics	8:00 AM - 9:00 AM
	Slow Stretch	9:00 AM - 10:00 AM
Fridays @ Adult Recreation Center	Muscle Toning	8:00 AM - 9:00 AM
	Zumba	9:00 AM - 10:00 AM

Meeting ID: 863-7543-9056 | Passcode: PMLB2022

For ALL Classes Listed Above

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.



Community Services  
& Parks

# Senior Exercise Classes

**Adult Recreation Center**  
**201 E. Colorado St. Glendale, CA 91205**

<b>Mondays</b>	Aerobics	8:00 AM - 9:00 AM
	Slow Stretch	9:00 AM - 10:00 AM
<b>Wednesdays</b>	Yoga	8:00 AM - 9:00 AM
	Zumba	9:00 AM - 10:00 AM
<b>Fridays</b>	Muscle Toning	8:00 AM - 9:00 AM
	Zumba	9:00 AM - 10:00 AM

Meeting ID: 863-7543-9056 | Passcode: PMLB2022

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

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



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**Community Services  
& Parks**

# Senior Exercise Classes

**Pacific Community Center**  
**501 S. Pacific Ave., Glendale, CA 91204**

<b>Mondays</b>	Absolute Beginner Line Dancing	11:15 AM - 12:15 PM
	* Beginner/Improver Line Dancing	12:30 PM - 2:30 PM

Meeting ID: 863-7893-4835 | 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.

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**Community Services  
& Parks**

# Senior Exercise Classes

**Sparr Heights Community Center  
1613 Glencoe Way, Glendale, CA 91208**

Tuesdays	Muscle Toning	8:00 AM - 9:00 AM
	Aerobics	9:00 AM - 10:00 AM
Thursdays	Aerobics	8:00 AM - 9:00 AM
	Slow Stretch	9:00 AM - 10:00 AM

**Meeting ID: 863-7543-9056 | Passcode: PMLB2022**

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

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



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**Community Services  
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