



City of El Monte

Parks, Recreation & Community Services Department
in collaboration with Rio Hondo College



FREE

Physical Fitness

FOR OLDER ADULTS

Ages: 18 and older
Instructor: Rio Hondo College

Designed for older adults, this fitness class offers instruction on movement to maintain and increase range of motion, build muscle strength, maintain coordination, flexibility and balance. Class topics include discussions on nutrition, the effects of aging, safety factors, and memory skills.

Registration is taken on the first day of class.

TUESDAY
January 29 - May 21
8:30 a.m. - 10:00 a.m.

JACK CRIPPEN MULTIPURPOSE SENIOR CENTER
3120 N. TYLER AVE. EL MONTE, CA 91731

No Class : 3/26

For more information, please contact the Facilities, Special Programs and Events Division at (626) 258-8634 Monday - Thursday 9:00 a.m. - 5:30 p.m.

Free transportation is available to El Monte residents ages 50 and older. For reservations, please call the Transportation Division at (626) 580-2217.

The Friendly City of El Monte

