

# Free Exercise Classes for Seniors

Senior Center Class	Day and Time	Location	Instructor
Sun Style Tai Chi	Mondays 10 – 11 a.m.	City of Manhattan Beach   Joslyn Community Center, 1601 N Valley Dr, Manhattan Beach, CA 90266	Marc Saldana
Dance with Sandie	Mondays 10 – 11 a.m.	Redondo Beach   Perry Park Senior Center: 2308 Rockefeller Lane, Redondo Beach, CA 90278	Sandie Omar-Amrani
Stretching	Mondays 12 – 1 p.m.	Redondo Beach   Anderson Park Senior Center, 3007 Vail Avenue, Redondo Beach, CA 90278	Petra Polinkova
Aerobics Exercise	Mondays 12 – 1 p.m.	Redondo Beach   Veterans Park Senior Center, 301 Esplanade, Redondo Beach, CA 90277	Debbie Teel
Aerobics Exercise	Tuesdays 10:30 – 11:30 a.m.	Redondo Beach   Anderson Park Senior Center, 3007 Vail Avenue, Redondo Beach, CA 90278	Bobbi Grimm
Agility, Balance and Control	Wednesdays 9:30 – 10:30 a.m.	City of Manhattan Beach   Joslyn Community Center, 1601 N Valley Dr, Manhattan Beach, CA 90266	Nahid Mohammadifar
Mindfulness and Meditation	Wednesdays 10:30 – 11:30 a.m.	City of Manhattan Beach   Joslyn Community Center, 1601 N Valley Dr, Manhattan Beach, CA 90266	Timilie Losq
Chair Yoga	Wednesdays 12 – 1 p.m.	Redondo Beach   Perry Park Senior Center: 2308 Rockefeller Lane, Redondo Beach, CA 90278	Cheryl Mansfield
Aerobics Exercise	Fridays 9 – 10 a.m.	Hermosa Beach   Hermosa Five-0, 710 Pier Ave., Hermosa Beach, CA 90254	Nahid Mohammadifar
Agility, Balance and Control	Fridays 10 – 11 a.m.	Hermosa Beach   Hermosa Five-0, 710 Pier - Ave., Hermosa Beach, CA 90254	Nahid Mohammadifar

