

# Free Exercise Classes for Seniors

Senior Center Class	Day and Time	Location	Instructor
Mindful Stretch	<b>Mondays</b> 10:15 – 11:15 a.m.	City of Manhattan Beach   Joslyn Community Center, 1601 N Valley Dr, Manhattan Beach, CA 90266	Timilie Losq
Dance	<b>Mondays</b> 10:30 – 11:30 a.m.	Redondo Beach   Anderson Park Senior Center, 3007 Vail Avenue, Redondo Beach, CA 90278	Sandie Omar-Amrani
Aerobics	<b>Mondays</b> 12 – 1 p.m.	Redondo Beach   Veterans Park Senior Center, 301 Esplanade, Redondo Beach, CA 90277	Debbie Teel
Stretch	<b>Tuesdays</b> 9:30 – 10:30 a.m.	Redondo Beach   Perry Park Senior Center: 2308 Rockefeller Lane, Redondo Beach, CA 90278	Bobbi Grimm
Aerobics	<b>Tuesdays</b> 10:30 – 11:30 a.m.	Redondo Beach   Anderson Park Senior Center, 3007 Vail Avenue, Redondo Beach, CA 90278	Bobbi Grimm
Agility, Balance, and Coordination	<b>Wednesdays</b> 9:30 – 10:30 a.m.	City of Manhattan Beach   Joslyn Community Center, 1601 N Valley Dr, Manhattan Beach, CA 90266	Nahid Mohammadifar
Mindfulness	<b>Wednesdays</b> 10:40 - 11:35 a.m.	City of Manhattan Beach   Joslyn Community Center, 1601 N Valley Dr, Manhattan Beach, CA 90266	Timilie Losq
Chair Yoga	<b>Wednesdays</b> 12 – 1 p.m.	Redondo Beach   Perry Park Senior Center: 2308 Rockefeller Lane, Redondo Beach, CA 90278	Cheryl Mansfield
Aerobics	<b>Fridays</b> 9 – 10 a.m.	Hermosa Beach   Hermosa Five-0, 710 Pier Ave., Hermosa Beach, CA 90254	Nahid Mohammadifar
Agility, Balance, and Coordination	<b>Fridays</b> 10 – 11 a.m.	Hermosa Beach   Hermosa Five-0, 710 Pier Ave., Hermosa Beach, CA 90254	Nahid Mohammadifar

