



Whittier Senior Services Fitness Classes (55+)



Monday	Tuesday	Wednesday	Thursday	Friday
Monday Jam Instructor: Ely Ybarra 9:00am- 10:00am (\$3)	Senior Fitness Instructor: Ely Ybarra 9:00am- 10:00am (\$3)	Joyful Movement Instructor: Ely Ybarra 9:00am-10:00am (\$3)	Senior Fitness Instructor: Ely Ybarra 9:00am- 10:00am (\$3)	Latin Groove Instructor: Ely Ybarra 9:00am- 10:00am (\$3)
	Tai Chi Instructor: Becky English 10:00am-11:00am (\$3)		Tai Chi Instructor: Becky English 11:30am-12:30pm (\$3)	Tai Chi Instructor: Becky English 10:00am-11:00am (\$3)
Senior Fitness Instructor: Ely Ybarra 11:00am– 12:00pm (\$3)	Chair Boxing Instructor: Ely Ybarra 11:00am-12:00pm (\$3)	Senior Fitness Instructor: Ely Ybarra 11:00am– 12:00pm (\$3)	Chair Boxing Instructor: Ely Ybarra 11:00am-12:00pm (\$3)	Joyful Movement Instructor: Ely Ybarra 11:00am-12:00pm (\$3)
Zumba Gold Instructor: Leonor Garza 6:30pm-7:30pm (\$5)		Line Dancing Instructor: 11am– 12pm (Beginner) (\$3) 12pm-12:30pm (Intermediate) (\$3)	Zumba Gold Instructor: Leonor Garza 6:30pm-7:30pm (\$5)	*See back page for additional class Information*

For more information please call Parnell Park (562) 567-9450

ACTIVITY	INSTRUCTOR	DESCRIPTION
CHAIR BOXING	ELY YBARRA	A body conditioning class that will Improve your strength, agility, balance, and stamina. Seated and standing options as we move through basic boxing movements. Equipment provided.
JOYFUL MOVEMENT	ELY YBARRA	A combination of Tai Chi, Yoga, and body conditioning to improve your flexibility, balance, and strength. Seated and standing postures. (No floor work.)
LATIN GROOVE	ELY YBARRA	Workout to the rhythm of this fun class with great music! No experience needed.
MONDAY JAM	ELY YBARRA	A high energy class that will keep you moving. Bring a friend and get back in shape. Equipment provided.
SENIOR FITNESS	ELY YBARRA	A class designed for the levels of fitness. Increase your strength, flexibility, and balance. Standing and seated exercises. Make new friends, listen to good music, and above all have some fun.
LINE DANCING	TRISH	(Ask instructor for additional information.)
TAI CHI	BECKY ENGLISH	(Ask instructor for additional information.)
ZUMBA GOLD	LEONOR GARZA	Get fit and stay healthy with Zumba Gold! Learn to dance Salsa, Merengue, Cha-Cha, Mambo, Cumbia, Line Dance and much more!