

# DANCE CARDIO & PUMP FOR SENIORS

FREE

Increase your endurance and muscle strength.  
This cardio based class incorporates dance  
movements with weights.  
All levels are welcome.

**July 19th - August 23rd**  
**Thursday**

**8:30am - 9:30am**

**\*\*REGISTRATION REQUIRED\*\***



Las Palmas Park  
505 S. Huntington St.  
San Fernando, CA 91340  
818-898-7340