

SENIOR EXERCISE CLASSES

**YOU MAY
ONLY
SIGN UP FOR
ONE CLASS PER DAY.**

**RESISTANCE BANDS
AND
DUMBBELLS NOT PROVIDED**

city of
Corona

CLASS SCHEDULE

Tuesdays

**CLASS A
(NO CHAIRS)**

**Cardio &
Dumbbells
10:15 am-10:45 am**

CLASS B

**Zumba
Cardio Dance
11:00 am- 11:30 am**



Corona Senior Center
921 South Belle Avenue. Corona, CA 92882