

El Cerrito Midtown Activity Center
10940 San Pablo Ave, El Cerrito

510-559-7677
www.el-cerrito.org

Exercise Class

FOR LIFE-LONG HEALTH AND WELL BEING



INSTRUCTOR: JUDY KATZ
Tuesdays & Thursdays
9:30 A.M – 10:30 A.M

Enjoy a full body workout which includes stretching, upper and lower body conditioning, aerobic workout, and relaxation training. A series of exercises to help maintain or improve balance, posture, flexibility, strength, and endurance. Class members are asked to stay in their own range of comfort.

Fee per Session:
\$5.00 El Cerrito Resident / \$6.00 Non-Resident