



June 1, 2010

IRWINDALE SENIOR CENTER



It's time to move, to get fit, to get healthy and have fun!

Ay Yai Yai Aerobics

Class information

Who: Adults 50 years +
When: Tuesdays
Time: 10am -11am
Cost: **FREE**
Instructor: Liz Montes
Location: Irwindale Senior Center

Class description

Take Latin music like salsa, cha cha, samba, tango, and merengue and, put it to a slower paced workout routine and you have... Ay Yai Yai Aerobics for seniors!

Registration:

Please register for class each session at the Irwindale Senior Center.

A minimum of 5 registered students is ideal, so stop in and don't hesitate to register today!

SMILE - YOU ARE ON CAMERA

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Summer/Fall 2010 Session
June 15 – December 14, 2010

Irwindale Senior Center – 16116 Arrow Highway, Irwindale, CA 91706 – (626) 430-2283
For more information contact Sara Ponce at 430-2284.