



**CITY OF LOS ANGELES DEPARTMENT OF
RECREATION & PARKS**



**JIM GILLIAM SENIOR CITIZEN CENTER
4000 S. LaBrea Ave Los Angeles, CA 90008
Phone: 323.291.5928**

MOVE MORE

CHAIR EXERCISE

**10:45 AM - 11:45 AM
Tuesday & Thursday
Summer Classes**

**Tuesday - (Strength & Agility)
Engage in a total-body workout that
uses resistance training to build
strength and improve overall
fitness.**

**Thursday- (Balance & Mobility)
Improve strength, stability, and
flexibility with exercises designed
to enhance balance and mobility.**

