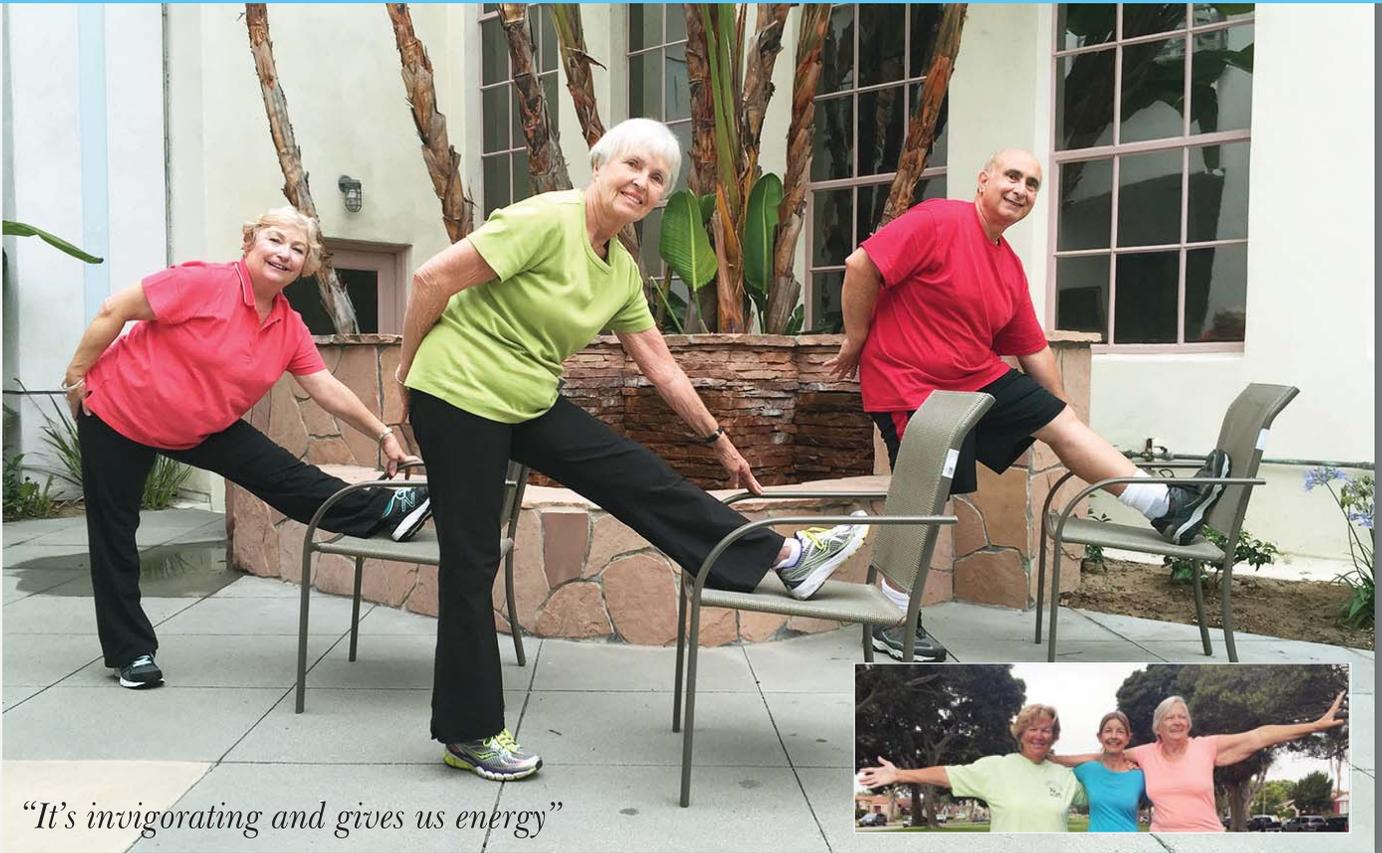


Tillim Senior Center's Gentle Fitness



"It's invigorating and gives us energy"

Wednesdays

9:30 a.m. ~ 10:30 a.m.

Tillim Senior Center

3612 W. Artesia Boulevard in Torrance

310/329-1889

Gentle seated fitness exercise for all levels

Full body stretching, breathing techniques

Chair Yoga, Chair Dancing, light aerobics

Great for strength, flexibility and balance!

Do something good for yourself!

For more information, call 310/320-5918

or go on the City's website at: www.Recreation.TorranceCA.Gov

City of Torrance Community Services Department ♦ RECREATION DIVISION

3031 Torrance Blvd., Torrance, CA 90503 ♦ 310/618-2930 ♦ www.Recreation.TorranceCA.Gov

"Creating and Enriching Community through People, Programs and Partnerships"



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