

Senior Fitness Classes



Contact
OLEFClasses@gmail.com
or Call (562) 714-1019
Suggested donation per class is \$5.

1 Fitness Difference:

Class dates: January 5 – March 30, 2026

No class: January 19 and February 16, 2026
Mondays, Wednesdays, Fridays 8 - 9:15 a.m.
– Bonnie Wulff, Instructor

Exercise for the active senior to keep your strength, balance, and agility!
Bartlett Senior Center - 1318 Cravens Ave. Torrance CA 90501



2 Chair Fusion:

Class dates: January 7 – March 25, 2026

Wednesdays 10 - 11:15 a.m.
– Sharmone La Rose, Instructor

A seated movement class that includes stretching, strength training, balance, and chair Yoga. Some standing exercises.

Bartlett Senior Center - 1318 Cravens Ave. Torrance CA 90501



3 Yoga:

Class dates: January 5 – March 30, 2026

No class: January 19 and February 16, 2026
Mondays and Wednesdays 9:45 – 11:15 a.m.
– Bonnie Wulff, Instructor

Yoga poses for strength, balance, and relaxation.
El Retiro Park - 126 Vista del Parque

4 Tighten Up:

Class dates: January 8 – March 26, 2026

Thursdays 1 - 2 p.m.
– Leslie Eichel, Instructor

Exercises for strength and alignment. Movements are done sitting or standing.

El Retiro Park - 126 Vista del Parque

