

# fitness



## Mondays and Thursdays, 10–11 am

Effective Thursday, July 7, 2016

A 55-minute fitness and education program focused on creating healthy seniors through cardiovascular, balance, strengthening and stretching exercises.



### **UCLA S.A.I.L. — Stay Active and Independent for Life**

Program is taught by the UCLA Department of Rehabilitation Services staff.

### **St. Monica Catholic Church, 725 California Ave., Santa Monica**

Price is \$40 per month for the twice-weekly class.

First-time participants must arrive at 9:30 am for an initial safety screening.

**Physician referral not required.**

For more information or to enroll in the program, please call (424) 259-7140.



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