

















8311 E. Florence Avenue, Downey, CA 90240, Tel. 866-917-1689

# Talbert Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Fitness Swim Class  8:00 a.m. to 9:00 a.m.		Gentle Fitness Swim Class  8:00 a.m. to 9:00 a.m.		Gentle Fitness Swim Class  8:00 a.m. to 9:00 a.m.
Silver Splash Swim Class  9:30 a.m. to 10:30 a.m.		Silver Splash Swim Class  9:30 a.m. to 10:30 a.m.		Silver Splash Swim Class  9:30 a.m. to 10:30 a.m.
Arthritis Foundation Aquatic Program Swim Class  11:00 a.m. to 12 noon		Arthritis Foundation Aquatic Program Swim Class  11:00 a.m. to 12 noon		Arthritis Foundation Aquatic Program Swim Class  11:00 a.m. to 12 noon
SilverSneakers Class  11:00 a.m. to 12 noon	Arthritis Foundation Aquatic Program Swim Class  2:00 p.m. to 3:00 p.m.	SilverSneakers Class  11:00 a.m. to 12 noon	Arthritis Foundation Aquatic Program Swim Class  2:00 p.m. to 3:00 p.m.	SilverSneakers Class  11:00 a.m. to 12 noon



**SilverSneakers Class:**

Have fun and move to the music through a variety of exercises. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support.



**Arthritis Foundation Classes:**

A gentle water exercise class for those with arthritis. Specially designed exercises improve muscle strength and build endurance in the indoor therapy pool (92-95° F). Participants can meet others with arthritis in a positive, supportive environment.