



CITY OF LOS ANGELES | DEPARTMENT OF RECREATION & PARKS  
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[JIMGILLIAM.RECREATIONCENTER@LACITY.ORG](mailto:JIMGILLIAM.RECREATIONCENTER@LACITY.ORG)

## JIM GILLIAM SENIOR CENTER

# 50+ Experience Classes



### Chair Exercise

When : Monday, Wednesday, and Friday

Date : 7/8 - 9/14, 2024

Time: 12:00pM-1:00PM

*Sign up  
today!*

#### **Why chair exercises are helpful for older adults**

A major benefit of chair exercises is the reduced risk of falling.

It's also a great way for seniors with limited mobility to get the health benefits of exercise. Chair exercises can be as challenging as regular standing workouts, especially for upper body or abdominal muscles.

*Free with  
membership!*

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Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Activities, trips and programs may be subject to cancellation.