



GUADALUPE

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NEWS RELEASE
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Fitness Classes At The Guadalupe Senior Center

Attention all seniors! The City of Guadalupe Senior Center is hosting a fitness class every Monday and Wednesday from 12:15 p.m. to 1:05 p.m. throughout the month of July. The fitness class focuses on a combination of strength training and basic movements to improve balance and flexibility. The class is designed for those who prefer a workout without the added impact on joints. A portion includes simple aerobic movements and stretches to improve balance, reduce stress, and increase flexibility. This fitness class is a free service provided by the City of Guadalupe Recreation And Parks Department to all seniors.

The Guadalupe Senior Center is located at 4545 10th St. Guadalupe, CA 93434

Questions may be directed to Isaias Rosas, Senior Center Coordinator at 805-356-6155.

Department:	Recreation and Parks Department
Contact Person:	Annis Barajas, Recreation Service Manager
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