

In celebration of Healthcare District Month, the Center for Health & Fitness invites you to participate in the nation's largest health event for older adults.



## National Senior Health and Fitness Week 2018

# Schedule of Events | May 28 – June 1

MON: May 28	TUE: May 29	WED: May 30	THU: May 31	FRI: June 1
<b>8 a.m. CoreBoard</b> Group Ex room	<b>8 a.m. Tai Chi</b> Silver room	<b>8 a.m. Yoga at the Wall</b> Jade room	<b>8:45 a.m. Deep Slow Stretch</b> Silver room	<b>8 a.m. Tai Chi for Arthritis</b> Silver room
<b>8:45 a.m. Yoga Basics</b> Silver room	<b>8:50 a.m. Yoga Level 1</b> Jade room	<b>8 a.m. Boot Camp</b> Group Ex room	<b>9 a.m. Body Blast</b> Group Ex room	<b>8 a.m. Rep Reebok</b> Group Ex room
<b>9 a.m. Rep Reebox</b> Group Ex room	<b>9 a.m. Aerobics</b> Group Ex room	<b>8:30 a.m. SilverSneakers® Classic</b> Silver room	<b>9–10 a.m. Balance &amp; Falls with Dr. Wang</b> Redondo room	<b>8:45 a.m. SilverSneakers® Classic</b> Silver room
<b>10 a.m. Mobility</b> Group Ex room	<b>9–10 a.m. Medicare 101 with SCAN</b> Redondo room	<b>9 a.m. Core Board</b> Group Ex room	<b>9 a.m.–Noon Derma Scan Screening</b> CHF Lobby	<b>9 a.m. Low &amp; Sculpt</b> Group Ex room
<b>10 a.m. Easy Goes IT</b> Silver room	<b>9:15 a.m. SilverSneakers® Circuit</b> Silver room	<b>9 a.m.–Noon Derma Scan Screening</b> CHF Lobby	<b>9:15 a.m. Yin Yoga</b> Jade room	<b>9 a.m. Functional Mat Pilates</b> Jade room
<b>10:05 a.m. Yoga Strength &amp; Flex</b> Jade room	<b>10 a.m. Simply Stretch</b> Group Ex room	<b>9:30 a.m. Mat Pilates</b> Silver room	<b>10 a.m. Simply Stretch</b> Group Ex room	<b>9:45 a.m. Easy Goes It</b> Silver room
<b>11 a.m. Body Sculpt</b> Group Ex room	<b>10–11 a.m. SCAN informational table</b> CHF Lobby	<b>9:30 a.m. Restorative Yoga</b> Jade room	<b>10:15–11:15 a.m. Heart Health with Dr. Patel</b> Redondo room	<b>10 a.m. Simply Stretch</b> Group Ex room
	<b>10:15–11:15 a.m. Decoding Food Labels with Dianne Staso</b> Redondo room	<b>10 a.m. Mobility</b> Group Ex room	<b>10:30 a.m. Functional Mat Pilates</b> Silver room	<b>11 a.m. Body Sculpt</b> Group Ex room
	<b>10:30 a.m. Aerobics Express</b> Group Ex room	<b>10:15–11:15 a.m. Low Back Pain with Dr. Carina Escudero Testa</b> Redondo room	<b>10:30 a.m. Boot Camp Express</b> Group Ex room	<b>11:30 a.m. Yoga Strength &amp; Flex</b> Jade room
	<b>10:30 a.m. Functional Mat Pilates</b> Silver room	<b>10:30 a.m. Pilates Sculpt</b> Silver room	<b>10:30 a.m. Balance Basics</b> Jade room	<b>1 p.m. SilverSneakers® Classic</b> Silver room
	<b>11 a.m. Zumba Gold</b> Group Ex room	<b>11 a.m. Body Sculpt</b> Group Ex room	<b>11:05 a.m. Dance Fitness</b> Group Ex room	<b>1:15 p.m. Belly Dance Workout</b> Group Ex room
	<b>11:30 a.m. Silver Stretch</b> Silver room	<b>11:30 a.m. Easy Goes It</b> Silver room	<b>11:30 a.m. –12:30 p.m. Brain Health with Drs. Dean and Ayesha Sherzai</b> BC room	<b>2 p.m. Silver Stretch</b> Silver room
	<b>12:20 p.m. SilverSneakers® Circuit</b> Silver room	<b>11:30 a.m. –12:30 p.m. Knee Pain with Dr. Carina Escudero Testa</b> Redondo room	<b>11:50 a.m. Silver Stretch</b> Silver room	
		<b>12:30 p.m. SilverSneakers® Circuit</b> Silver room	<b>Noon Slow Flow Yoga</b> Jade room	
		<b>1:15 p.m. Intro to Belly Dancing</b> Group Ex room	<b>12:30–1:30 p.m. Benefits of Fitness and Nutrition after Rehabilitation Therapy with Dr. Cushing</b> BC room	
		<b>1:30 p.m. Silver Stretch</b> Silver room	<b>1 p.m. SilverSneakers® Circuit</b> Silver room	
		<b>2:30–3:30 p.m. Mat Pilates for the Back</b> Jade room	<b>2 p.m. Zumba Gold</b> Group Ex room	
			<b>2–3 p.m. Senior Fitness Test with Chris Bentajado</b> Silver room	

Free Class

Free Health Assessment/Lecture

Register at the front desk.

CHF Invites You to Celebrate

# NATIONAL SENIOR Health & Fitness Week

## May 28–June 1

Join us for National Senior Health & Fitness Week, the nation's largest health event encouraging all older adults to take action towards maintaining and improving their health.

**With movement, there's improvement!**



Enjoy **FREE**

- Classes
- Health assessments
- Lectures

Visit [beachcitiesgym.com](http://beachcitiesgym.com) for more information.



Center for  
**Health & Fitness**

A Public Agency

A Beach Cities Health District Program