



# ACTIVE AGING

## Fitness Class

*Designed for the older adult to improve balance, mobility and strength*

### **DIAMOND SPRINGS**

Traditional Style Exercise  
Diamond Sunrise Apartments  
4015 Panther Lane  
Monday / Thursday  
10:30 a.m. to 11:30 a.m.

Instructor: Cess Wolary: 530-621-3638

### **DIAMOND SPRINGS**

Traditional Style Exercise  
Lake Oaks Mobile Home Park  
4280 Patterson Drive  
Tuesday / Thursday / Saturday  
9:00 a.m. to 10:00 a.m.

Instructor: Cess Wolary: 530-621-3638

### **PLACERVILLE**

Traditional Style Exercise  
Westside Church  
4657 Missouri Flat Road  
Tuesday / Thursday  
10:45 a.m. to 11:45 a.m.

Instructor: Mary Kay Brancheau: 530-622-2935

### **PLACERVILLE**

NIA Technique  
First Lutheran Church  
1200 Pinecrest Court  
Monday / Wednesday / Friday  
8:15 a.m. to 9:30 a.m.

Instructor: Margaret Leitz: 530-622-1463

Reservations are not needed and drop-ins are welcome. Please wear comfortable clothing and bring a water bottle. A suggested donation for the class is \$3.

For more information, please call the Senior Activities Program at 530-621-6255.