



Laguna Woods Village®

Join instructor Janet Gilliam in the Clubhouse 5 fitness room, sign-up soon as space is limited!

# FITNESS with Janet Gilliam

CLUBHOUSE 5 FITNESS ROOM



## **Chairobics Class** 11 to 11:50 a.m. beginning April 4

This is a chair exercise class that is fun and progressive with music from the 1940's to the 1960's. The emphasis is on balance, stretching and joint movement.

## **Midlife Crisis and then some** 10 to 10:50 a.m. beginning April 4

This is a fun class featuring aerobics, stretching, strengthening and balance that will encourage chair graduates and excite the experienced. Music and rhythms of the 40's to the 60's will keep you moving in the direction of strong fitness.

## **Registration begins March 25 for the first session**

**FIRST SESSION:** April 4 through May 30 - Cost \$24.00 for the 8 week session

For more information call the Recreation Office at 949-597-4273 or email [recreation@vmsinc.org](mailto:recreation@vmsinc.org)