COASTLINE COLLEGE
SPECIAL PROGRAMS AND SERVICES

FREE EXERCISE CLASSES

Classes offered
Monday - Friday
Every Spring, Summer and Fall

Class Locations

Westminster Senior Center
Fountain Valley Senior Center
Costa Mesa Senior Center
Oasis Senior Center
Leisure World

Benefits:

- Improved Balance
- Improved Flexibility
- Increased Strength
- Better Posture
- Enhanced Mobility
- Improved Endurance
- Better Breath Control

For More Information

714-241-6214
specialprograms@coastline.edu