

# OLEF

is a non-profit Organization  
dedicated to enhance the  
lives of those 55 yrs +.



# FITNESS DIFFERENCE

**Improve agility, balance and co-ordination in this class. Exercise will include active movement, floor work and strengthening with bands and light weights.**

**Bartlett Center  
1318 Cravens Avenue, Torrance, CA 90501**



**DATES:** Mondays, Wednesdays & Fridays  
June 24 - July 31, 2024

**INSTRUCTOR:** Bonnie Wulff

**TIME:** 8:05 a.m. - 9:15 a.m.

**Suggested donation: \$5/class**

These classes are sponsored by OLEF, Optimum Life Educational Foundation, a non-profit organization that sponsors classes, lectures and activities for participants 55 and older.

**Register in class.**

**For more information, please call: (424) 271-5523 or email  
OLEFclasses@gmail.com**

P.O. Box 948, 120 N. Catalina Ave., Redondo Beach, CA 90277

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**TORRANCE**  
California

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