

Latin Rhythms

Learn dances that get you moving!

A low-intensity aerobic dance workout designed for seniors to meet their anatomical, physiological and psychological goals.

**DATES: Tuesday and Thursday
September 10 - December 12, 2024
4- 5 p.m.
No Class: November 28, 2024**

**Class located at
La Romeria Park
19501 S. Inglewood Ave.
Torrance, CA 90503**



**Patricia Cecchi,
Instructor**

**Suggested Donation
of \$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. For more information, please call Bonnie Wulff at: (424) 271-5523 or email at OLEFclasses@gmail.com

City of
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