



COMMUNITY  
PARTNERSHIP  
ON AGING

# Fitness Classes with Community Partnership on Aging!



Line Dancing/  
Laughter Yoga



Qi Gong For Balance/  
Yoga



Senior Fitness / Senior  
Exercise / Arthritis  
Exercise

## Get Fit with CPA!

Choose from the following classes to fit your interest and pace!

Qi Gong For Balance: Mondays, 1:00-2:00 at Lyndhurst CC

Arthritis Exercise: Tuesdays, 10:30-11:30 at Lyndhurst CC

Thursdays, 9:30-10:30 at DeJohn CC in Mayfield Hts.

Fridays, 9:30-10:30 at Highland Hts. CC - in April, 2013

Senior Exercise: Wednesdays & Thursdays, 10:30-11:30 at South Euclid CC

Laughter Yoga: Thursdays, 11:00-12:00 at South Euclid CC

Intermediate Line Dancing: Fridays, 9:30-10:30 at DeJohn CC in Mayfield Hts.

Advanced Senior Fitness: Fridays, 10:45-11:45 at DeJohn CC in Mayfield Hts.

Gentle Yoga: Fridays, 12:00-1:00 at DeJohn CC in Mayfield Hts.

Call our program department at 216-650-4029 for questions about fees or specifics about any of these classes or the locations.