



AEROBIC TRAINING

H. Louis Lake
SENIOR CENTER

THURSDAYS
1:30 PM TO 2:45 PM
FALL SEMESTER:
8/21/2025 - 12/11/2025

A high-energy fitness class that uses rhythmic movement to elevate your heart rate and boost cardiovascular endurance. Set to upbeat music, each session combines dynamic full-body routines designed to improve stamina, coordination, and strength.

Expect a fun, fast-paced workout that keeps you moving and motivated!

Call the Center to register.
(714) 741-5253