



East Whittier Family Center

April 27th - May 3rd

15740 Starbuck Street
WHITTIER, CA 90603
(562) 943-7241

	SAT 27	SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3
7am						Chair Yoga with Sabrina East Whittier Rotary Room Staff 7:30am - 8:30am	
8am				Zumba Gold with Bea East Whittier Rotary Room Staff 8:30am - 9:30am		Zumba with Victoria East Whittier Rotary Room Staff 8:30am - 9:30am	
9am	Zumba with Janae East Whittier Rotary Room Staff 9am - 10am				Tai Chi with Devin East Whittier Rotary Room Staff 9:30am - 10:30am		
5pm			Pilates with Amanda East Whittier Rotary Room Amanda Perez 5pm - 6pm		Pilates with Amanda East Whittier Rotary Room Amanda Perez 5pm - 6pm		
6pm			Power Hour with Amanda East Whittier Rotary Room Amanda Perez 6pm - 7pm	Zumba with Veronica East Whittier Rotary Room Staff 6pm - 7pm	Power Hour with Amanda East Whittier Rotary Room Amanda Perez 6pm - 7pm	Zumba with Veronica East Whittier Rotary Room Staff 6pm - 7pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.