



East Whittier Family Center  
July 6th - July 12th

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

	WED 6	THU 7	FRI 8	SAT 9	SUN 10	MON 11	TUE 12
7am		<b>Chair Yoga with Sabrina</b> East Whittier Rotary Room Staff 7:30am - 8:30am					<b>Chair Yoga with Sabrina</b> East Whittier Rotary Room Staff 7:30am - 8:30am
8am							<b>Zumba Gold with Bea</b> East Whittier Rotary Room Staff 8:30am - 9:30am
5pm	<b>Pilates with Amanda</b> East Whittier Rotary Room Amanda Perez 5pm - 6pm					<b>Pilates with Amanda</b> East Whittier Rotary Room Amanda Perez 5pm - 6pm	

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.