



# Total Body Workout



- TUESDAYS, 1:15 - 2:15PM
- MARCH 3 - 31
- APRIL 7 - 28
- MAY 5 - 26
- \$5 PER CLASS
- MALIBU BLUFFS PARK



A comprehensive low impact strengthening class targeting major muscles of the upper and lower body with special attention to form, stabilization, core strength, and balance. Please bring hand weights and a yoga mat. Instructed by Jackline Daneshrad.

[MalibuCity.org/SeniorCenter](https://MalibuCity.org/SeniorCenter)



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