

Physical Fitness Class

- This physical fitness class is designed for the older adult and offers instruction in movement to maintain and increase range of motion, build muscular strength, maintain flexibility, and enhance coordination and balance associated with aging. This class is provided by the North Orange County Community College District.

Thursdays: 9:00 pm – 11:00 am

Downtown Community Center / Anaheim Senior Center

250 E. Center St., Anaheim, CA 92802

(714) 765-4510



Physical Fitness Class

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Tuesdays: 2:00 pm – 3:30 pm

Downtown Community Center /

Anaheim Senior Center

250 E. Center St., Anaheim, CA 92805

(714) 765-4510

