

## **CHALLENGE CENTER CLASSES**

**5540 Lake Park Way La Mesa Ca 91942      619-667-8644**

**[www.challengecenter.org](http://www.challengecenter.org)**

### **CHALLENGE CENTER AQUATICS THERAPY CLASS**

Wednesdays 10am-11am and 11am-12pm    Fridays 10am-11am and 11am-12pm

Month to Month Sessions - \$5 per class

Held at the Joan Kroc Center - 6845 University Ave. San Diego 92115

Screening required – Call Today! 619-667-8644

### **CHALLENGE CENTER BALANCE & CONDITIONING CLASSES**

Wednesdays 1pm-2pm and Thursdays 2pm-3pm

Coming soon Tuesdays 4pm-5pm

**Parkinson's Balance & Conditioning Tuesday's 10am-11am**

8 Week Sessions for \$50 (\$6.25 per class)

Held at Challenge Center - 5540 Lake Park Way La Mesa 91942

### **CHALLENGE CENTER SEATED EXERCISE CLASS**

**Every Wed 11:15am-12pm**

FREE!!

Held at Challenge Center – 5540 Lake Park Way La Mesa 91942

### **CHALLENGE CENTER ADAPTIVE YOGA CLASSES**

Mondays 12pm-1pm and Wednesdays 8am-9am

8 Week Sessions – \$50 for seniors over 60 and people with qualifying disabilities - \$160 for all others

Held at Challenge Center – 5540 Lake Park Way La Mesa 91942

**ADVANCED EXERCISE CLASS – COMING SOON – TUESDAYS 2PM-3PM**