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Stay healthy and safe in your own home with this live virtual exercise class.

Gain confidence and power through strength training and the art of ancient Shaolin Kung Fu & Chi Gong.

For seniors 55 years & older

6 week session starts August 17th Monday, 5:30pm - 6:45pm

Registration required. Please note that you will need to register for Zoom.

Register by calling Las Palmas Park at

818-898-7340.

