



FREE ONLINE EXERCISE AND HEALTH CLASSES

Mondays, 11am
Moves & Grooves
High energy aerobic class

Fridays, 11am
Cardio/Strength
Focus on full body fitness

Tuesdays, 11am
Pilates
Tone & stretch your body

Thursdays, 9am
Stretch/Strength
Improve strength & flexibility

**LET'S GET
MOVING**

Thursdays, 3pm
Seated Strength
Focus on upper body and core



COOKING & NUTRITION

Thursdays, 11am
Let's Get Cooking
Learn quick, simple, healthy & nutritious recipes



SPIRIT

Last Wednesday, 12:30pm
Mind, Body & Spirit
Once a month speaker series

Mondays, 9am
Mindful Mondays
Learn how to meditate

1st Thursday, 10am
Stress Busters
Learn key tools to relieve stress



thegoodlifepath.org



Promoting health and well-being for older adults throughout the East Bay and beyond.



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