

# Senior Aerobics

Grossmont Adult Education  
Foothills Adult Center



## Schedules

**SENIOR AEROBICS @ Foothills Campus**  
1550 Melody Lane, El Cajon, CA 92019-(Rm #53)

### Summer 2025 (ONLY 4 Classes!)

7/10/2025-7/31/2025 5:30-6:30 pm Th

**SUMMER ONLY 4 Classes!!!**

### Fall 2025

8/12/2025-10/2/2025 5:30-6:30 pm T & Th

10/14/2025-12/11/2025 5:30-6:30 pm T & TH

## Get Moving & FEEL Great!

All levels are **welcome**, so whether you're a seasoned pro or just starting out, you'll find a supportive and inclusive environment.

We'll begin each session with gentle stretching exercises, gradually progressing to movements that enhance strength, stability, and endurance. The final 15 minutes of every class will be dedicated to a soothing cool-down period, allowing you to stretch and breathe, elongating your muscles and promoting relaxation. You'll leave feeling refreshed, rejuvenated, and ready to take on the day!

Don't keep this amazing experience to yourself – invite your friends to join in too! Let's move together and embrace a healthier, more active lifestyle.

El Cajon, CA 92019

619.588.3500

<https://adultschool.guhsd.net/>

Sign up Today



**GROSSMONT  
ADULT EDUCATION**



**2025-2026** fees and schedule are subject to change