

CITY OF COMMERCE  
DEPARTMENT OF PARKS AND RECREATION

SENIOR

FITNESS

FALL 2024



Parks  
Make  
Life  
Better!



**FREE**  
**AGES 14 AND UP WELCOMED**

**FALL SESSION 1**

SEPTEMBER 10 – OCTOBER 3

**FALL SESSION 2**

OCTOBER 8 – OCTOBER 31

**FALL SESSION 3**

NOVEMBER 5 – NOVEMBER 28  
(NO CLASS ON NOVEMBER 28  
THANKSGIVING DAY)

**FALL SESSION 4**

DECEMBER 3 – JANUARY 2  
(NO CLASS ON DECEMBER 25  
CHRISTMAS DAY AND  
JANUARY 1 NEW YEAR'S DAY)

**ARTHRITIS  
EXERCISE**

ROSEWOOD PARK

TUE/THU

(CAN REGISTER FOR  
ONE TIME SLOT ONLY)

8:00 – 9:00 A.M.

9:00 – 10:00 A.M.

**POP UP STRENGTH  
TRAINING**

ROSEWOOD PARK

WED

9:00 – 10:00 A.M.

(ANYONE ENROLLED IN TUE/THU  
CLASSES MAY DROP-IN ON WED)

INSTRUCTOR:

VERONICA RUEDA



RESIDENTS REGISTER NOW AT

[HTTPS://ACTIVENET.ACTIVE.COM/COMMERCE](https://activenet.active.com/commerce)

NON-RESIDENTS REGISTER ON

THURSDAY, SEPTEMBER 5 AT 10 A.M.



**commerceparksandrec**

REGISTRATION IS OPEN FOR ALL SESSIONS. SPACE IS LIMITED.  
FOR THOSE WITHOUT INTERNET ACCESS PLEASE CALL (323) 887-4434.