

*Balance*

---

# Strength

*Mobility Class*

*Join Us Weekly!*

**With CS Dance Factory**

Instructed by Cathy, Co-Founder

**Every Wednesday**

3:15 PM – 4:00 PM

**Call to RSVP**

949-380-0155

**Age Well** | FLORENCE SYLVESTER  
SENIOR CENTER

  
**ALIGNMENT**  
HEALTH PLAN  
*Sponsored by Alignment*