

Fit Forever, Gentle Strength Training for Seniors

- Tuesdays 11:00am to 12:00pm
Simpkins Family Swim Center, 979 17th Ave, Santa Cruz, CA
95062
- Cost: \$7 - sign in and pay at the front
desk at the Swim Center

Instructor Lynn Difley has 35 years of teaching experience and is certified through IDEA/ACE (International Dance Exercise Association), AEA (Aquatic Exercise Association), Arthritis Foundation Association. Contact Lynn at lynnhrvl@gmail.com with any questions.

Phone: (831) 454-7960 to speak with someone at the front counter at the Simpkins Family Swim Center.

