

# Fitness Room

**Monday/lunes**

9:30 a.m. - 12:50 p.m.  
3:05 p.m. - 6:30 p.m.

**Tuesday/martes\***

8:00 a.m. - 10:25 a.m.  
11:30 a.m. - 6:30 a.m.

**Wednesday/miércoles**

9:30 a.m. - 6:30 p.m.

**Thursday/jueves**

8:00 a.m. - 6:30 p.m.

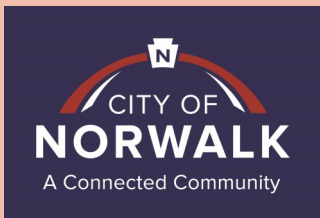
**Friday/viernes**

9:30 a.m. - 11:15 a.m.  
1:30 p.m. - 6:30 p.m.

**Saturday/sábado**

8:00 a.m. - 4:30 p.m.

**\* Dates and times subject to change**



**Norwalk Senior Center**  
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For more information please contact us at (562) 929-5580, or email us at [seniorcenter@norwalkca.gov](mailto:seniorcenter@norwalkca.gov)