



Be fit at
every age

Bone Builders

Aging strong. Strong bones offer many health benefits, including better balance and muscle support. AgingNext offers “Bone Builders,” a free exercise class designed to help increase bone density and reverse the effects of osteoporosis. Using a combination of weights, balance and stretching exercises, Bone Builders will help you develop the bone structure seniors need to enjoy an active life. You’ll have fun and get fit at the same time!

For more information, please call AgingNext 909.621.9900

Azusa Senior Center

740 N. Dalton Ave. Azusa, CA 91702

Phone: (626) 812-5204

Every Monday and Wednesday / 10:30am – 11:30am

Every Tuesday and Thursday / 1:00pm – 2:00pm

Joslyn Senior Center

660 N. Mountain Ave. Claremont, CA 91711

Phone: (909) 399-5488

Every Wednesday and Friday / 9:15am – 10:15am

Every Wednesday and Friday / 10:30am – 11:30am

Alexander Hughes Community Center

1700 Danbury Rd. Claremont, CA 91711

Phone: (909) 399-5490

Every Monday and Wednesday / 10:00am – 11:00am

Every Tuesday and Thursday / 10:00am – 11:00am

La Verne Community Center

3680 D St. La Verne, CA 91750

Phone: (909) 596-8776

Every Tuesday and Thursday / 9:30am - 10:30am

Every Wednesday and Friday / 9:30am – 10:30am

Purpose Church

601 N. Garey Ave. Pomona, CA 91768

Phone: (909) 629-5277

Every Wednesday and Friday / 9:00am – 10:00am