

# High Desert Physical Activity

## Adelanto

Days: Tuesdays and Thursdays (Strengthening Exercises)

Mondays, Wednesdays, and Fridays (Dancing)

Time: 9:00am-10:00am

Location: Adelanto Senior Center

11565 Cortez Ave. Adelanto 92301

## Apple Valley

Days: Wednesdays and Fridays

Time: 9:00am-10:00am

Location: Thunderbird Park

2700 Wichita Rd. Apple Valley, CA

92307

## Hesperia

Days: Wednesdays and Fridays

Time: 9:30am-10:30am

Location: Lime Street Park

16292 Lime St. Hesperia, CA 92345

## Victorville

Days: Tuesdays and Thursdays

Time: 9:00am-10:00am

Location: Victorville Activities Center

15075 Hesperia Rd. Victorville CA 92395