

Exercise Classes



Start your New Year's Resolution Here!



**Parks
Make
Life
Better!**

Classes begin the week of January 23, 2012



Outdoor Fitness (FREE) Wednesdays & Fridays 8:15am

Outdoor Fitness is a great class for anyone! It is an hour class of different stations with equipment to have you gain muscle and burn calories while having fun! The different stations include legs, arms, abs, agility, balance, etc.

Cycling (\$3 per week) Mondays & Wednesdays 8am

If you are ready to increase your cardiovascular endurance this is the class for you. Cycling is a vigorous workout that will burn calories and it is great for people of all skill levels.

Body Sculpt (\$3 per week) Mondays & Wednesdays 6:30pm

This class is designed to sculpt your body without adding bulky muscle. This will help you tone up and increase your cardiovascular ability while doing a strength training workout.

Pilates/Yoga (\$3 per week) Tuesdays & Thursdays 8:15am

This is no ordinary Pilates/Yoga mixed class, it will have you moving around so you will not be bored. This class is designed to build your strength and gain flexibility.

ZUMBA (\$3 per week) Tuesdays & Thursdays 6:30pm

This is a fun class that will have you dancing! It is an hour of choreographed routine that will help your cardiovascular endurance while having a "fitness party".



**RECREATION PARK, 208 Park Ave
FOR MORE INFORMATION (818) 898-1290**



**SENIOR FITNESS
PROGRAM
FREE!!**

**CLASSES START ON JANUARY 30TH
MONDAY-WEDNESDAY-FRIDAY
8:30-9:30 AM.**

BRING WATER AND WALKING SHOES.

**REGISTER ON JANUARY 23RD/25TH/27TH
8:30-9:30 AM UNDER PAVILION #1**

**IMPROVE
FLEXIBILITY
INCREASE STRENGTH
DEVELOP BALANCE
HAVE A FUN TIME!!!!**



**San Fernando
Regional Pool Facility**

Lap Swim Hours

Monday through Friday

Morning- 6:00 am to 8 am

Lunch- 11:00 am to 2 pm

Evening- 6:00 pm to 7:30 pm

Cost

\$3 for adults

\$2 for Seniors



**208 Park Avenue • San Fernando, CA 91340
Tel: (818) 898-1290 • Fax: (818) 898-2155**

ADULT SPORTS



SPRING INFORMATION

REGISTRATION: 1/9 - 3/9

MEN'S SLOW PITCH

COED SLOW PITCH

COED KICKBALL

REGISTRATION: 1/16 - 3/16

COED VOLLEYBALL

