

The City of San Fernando Partnership
for Healthy Families presents:

Healthy Family Classes

Fall Programming: September - November



Land Classes

Outdoor Total Fitness (18yrs & up)

Th & F
8:15 – 9:15 a.m.
Cost: **FREE**

Senior Exercise

M, W, F
8:30 – 9:20 a.m.
Cost: **FREE**

Yoga/Pilates (18yrs & up)

T & W @ 8 – 9:00 a.m.
Cost: \$2/week

Educational Classes

Project ALTO
Obesity & Diabetes
Prevention Education
Wednesday Evenings
6:00 – 8:00 p.m.
Cost: **FREE**

**Mission Community Hospital-
SF Campus**
Diabetes Teaching Kitchen
TBA
Cost: **FREE**
For more information, call:
(818) 361-0428

Water Classes

Swim Lessons
Saturday Mornings
Levels 1, 2, 3 @ 9 – 9:45 a.m.
Levels 1, 4 @ 9:55 – 10:30 a.m.
Cost: \$30/ 4-week session

Water Aerobics
M, W, F, S @ 8 – 8:50 a.m.
Cost: \$3/day

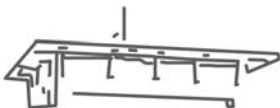
Parent and Toddler
M, W, F, S @ 9 – 9:50 a.m.
Cost: \$30/ 2-week session

Water Polo (9-15 yrs)
M, W, F @ 6 – 7:00 p.m.
Cost: \$ 50/12-week session

Sign Up Today!

For more information, call **818-898-1290**

208 Park Ave. San Fernando, CA 91340



San Fernando Regional Pool Facility



California State University
Northridge

