

SUMMER SLIMDOWN!



The Department of Recreation & Community Services offers fun and affordable fitness classes for all levels of physical ability. Take charge of your health and join the fun!

FITPASS CLASSES

\$20 for 10 Classes

CYCLING

Monday - 5:30pm

CARDIO TRAINING

Tuesday & Thursday 5:30pm

TOTAL BODY CONDITIONING

Wednesday- 5:30pm

YOGA

Tuesday 8:15am & Thursday 8:30am



Recreation Park - 208 Park Ave.
For more information: (818) 898-1290
Para mas informacion lame al (818) 898-1290
www.sfcity.org

ZUMBA PASS

\$25 for 10 Classes



ZUMBA
fitness

MON/WED

5:20pm

TUE/THUR

6:30pm



ZUMBA DANCE PARTY IN THE PARK

FRI., AUG. 3rd @ 6:30pm- Recreation Park

Join us as we kickoff our Healthy San Fernando Campaign. The event is **FREE**, open to all ages and will be followed by our first movie night featuring **COCO**!



FREE DEMO WEEK AUGUST 6th - 10th

Try out our Fitness classes at Rec Park and get 20% off a FitPass or Zumba Pass during the month of August!

FREE EXERCISE PROGRAM AT RECREATION PARK

OUTDOOR FITNESS

Monday, Wednesday, & Friday - 8:15am

Challenges all fitness levels, from beginner to advanced, with the goal of achieving a healthy-active lifestyle. This class includes different exercise stations that focus on improving your strength, endurance, balance, and agility. *Meets outside under first pavilion.*

3 levels

- ♦ **Introductory (Basic, modified exercises)**
- ♦ **Beginner (Moderate intensity)**
- ♦ **Advanced (High intensity)**

3 WINS *fitness*

SENIOR FITNESS

Monday, Wednesday, & Friday - 8:15am

Focuses on fall prevention and improving the quality of daily living through muscular strength, balance, and flexibility exercises. *Meets outside under first pavilion.*

SENIOR FITNESS CLASSES AT LAS PALMAS PARK

Register for the sessions at Las Palmas Park and join us for fun filled mornings of fitness and wellness. Open to individuals 18 years of age and older and of all physical abilities.

STRETCH TO THE MUSIC

Monday & Wednesday 9:30am \$30/session

CARDIO DANCE & PUMP

Thursday 8:30am \$8/1 hour session

ZUMBA

Tuesday 10:00am FREE

Sponsored by SCAN Health Plan



For more information/Para mas informacion (818) 898-7340
www.sfcity.org

