



20% OFF

During the month of April! Two (2) pass limit per person.

GROUP FITNESS CLASSES at RECREATION PARK

- Yoga
- Zumba
- Spin/Cycling
- Total Body Conditioning (TBC)
- All Inclusive
 Zumba

FitPass 10 classes for \$30

MON ZUMBA @ 5:20PM SPIN @ 5:30PM

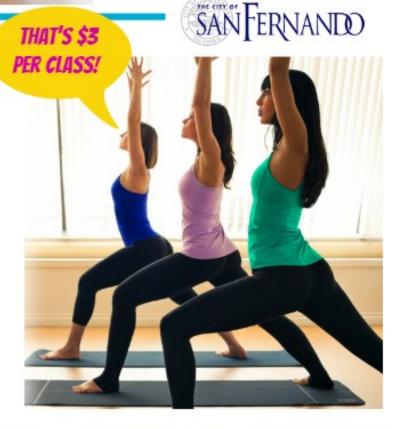
TUE YOGA @ 8:15AM ~ TBC @ 5:30PM

ZUMBA @ 6:30PM

WED ZUMBA @ 5:20PM ~ TBC @ 5:30PM ALL INCLUSIVE ZUMBA @ 6:30PM

THU YOGA @ 8:30AM ~ TBC @ 5:30PM

~ Purchase your pass at Recreation Park ~





3 WINS fitness

OUTDOOR FITNESS

Mon, Wed & Fri @ 8:15AM

3Wins Fitness is a FREE
exercise program focused on
promoting active lifestyles
and healthy living.



SAN FERNANDO

SENIOR FITNESS CLASSES AT LAS PALMAS PARK

- STRETCH TO THE MUSIC- MON & WED @ 9:30AM \$30 / 8wks
- LIFT & ENERGY TRAINING- FRIDAYS @ 8:15AM \$15 / 8wks
- FREE Sponsored by CareMore Health
- SENIOR ZUMBA- TUESDAYS @ 10:00AM
 FREE Sponsored by Scan Health Plan
- PICKLEBALL- TUE & THU @ 11:30AM \$15 / month



REGISTER AT LAS PALMAS PARK MONDAY - FRIDAY, 9AM - 1PM 818-898-7340 / www.sfcity.org

For more information/Para informacion en Espanol llame al (818) 898-1290 / www.sfcity.org