

# FALL INTO FITNESS



Exercising and summer body training doesn't have to end when the first leaf drops. In fact, fall is a great time to harvest a new routine to re-energize your workout. Join our FitPass program and take control of your health this Fall Season!!

## **FITPASS**

## **10 CLASSES FOR \$30**

~SCHEDULE OF CLASSES ON THE BACKSIDE~

**20%  
off FitPass in  
September!**  
2 pass limit/person

**FOR MORE INFORMATION | PARA MAS INFORMACION**  
**818-898-1290 | WWW.SFCITY.ORG**



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## FITPASS CLASSES

### RECREATION PARK

**20%**  
**off FitPass in**  
**September!**  
2 pass limit/person

#### TOTAL BODY CONDITIONING

**Tue-Thu @ 5:30pm & Tue/Thur @ 7pm**

Develop strength, balance and flexibility while increasing your cardiovascular ability, burning calories and sculpting your body.

#### FEARLESS BOXING

**Mon & Wed @ 7pm**

Learn to box like a pro at any level of fitness through coordination, technique, strength and power! Develop confidence and discipline while relieving stress. (Gloves required)

**New  
Class!**

#### ZUMBA

**Mon/Wed @ 5:20pm**

**Tue/Thu @ 6:30pm**

Dance to non-stop choreographed dance routines that improve cardiovascular endurance.

**FREE DEMO  
8/26 &  
8/28**

#### YOGA

**Tue @ 8:15am**

**Thu @ 8:30am**

Enhance flexibility, coordination, balance and tone muscle with the principles of yoga.

Beginner's class ~ mat required

#### ALL INCLUSIVE ZUMBA

**Wed @ 6:30pm**

High-energy dance routines tailored towards individuals with limited mobility and special needs. Class is open to anyone over 14 years of age. Participants must be accompanied by an adult.

#### SPIN

**Mon @ 5:30pm**

Burn calories and increase cardiovascular endurance with vigorous workouts on stationary bikes..



**SAN FERNANDO**