

Balance, Strength & Healthy Mind

**REGISTER
NOW!**



**Recreation Park
Fridays 9:30-10:30am**

**10 weeks for \$30
Feb. 14 - April 17, 2020**

THIS COURSE WILL HELP YOU:

- * Keep your independence**
- * Make you feel and look better**
- * Reduce your risk of falling**
- * Improve your brain function**
- * Strengthen your lower body**

Class Instructor:

Valen Sinisgalli

Senior Fitness Specialist

**ONLY \$3
per class!**



**Register @ Recreation Park
208 Park Ave.**

**For more information, call
818-898-1290 or visit
www.sfcity.org**

THE CITY OF
SAN FERNANDO