

# Healthy

"Start where you are, use what you have, do what you can."

# New Year!

## **FITPASS CLASSES | RECREATION PARK**

### **\$35 FOR 10 CLASSES\***

#### **TOTAL BODY CONDITIONING**

**Tue-Thu @ 5:30pm & T/Th @ 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)

#### **SPIN/CYCLING**

**Mon @ 5:30pm**

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

#### **ALL INCLUSIVE ZUMBA**

**Wed @ 6:30pm**

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

#### **ZUMBA**

**Mon-Wed @ 5:20pm | Thu @ 6:30pm**

Workout to non-stop choreographed dance routines that improve cardio and endurance while having fun.

#### **YOGA**

**Tue @ 8:15am | Thu @ 8:30am**

Enhance flexibility, coordination and muscle tone with the principles of yoga. Great for beginners, mat required.

## **\*20% OFF FITPASS IN JANUARY**

(2 pass limit/purchase)

For more information call 818-898-1290 | [www.sfcity.org](http://www.sfcity.org)

