

SPRING H into HEALTH

Family Wellness Challenge

FREE Demo-Day!

SATURDAY, MARCH 20, 2021

Rudy Ortega Sr. Park | 2025 Fourth St., San Fernando

FREE | Family Friendly | All Ages | Register Today!

FAMILY YOGA

9:00 a.m.

Join Yovanni for a morning of relaxation and meditation through breathing and stretching exercises.

~ BRING YOUR OWN MAT & WATER ~

CARDIO SALSA

10:30 a.m.

Join Lenny from Danzone Studios for a fun filled, salsa-infused cardio routine that will have you dancing in no time!

~ BRING A WATER BOTTLE ~

MORE INFORMATION | (818) 898-1290 | [SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)



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