


SPRING into HEALTH

Family Wellness Challenge

Saturday, April 10
Week 2

FREE | Family Friendly | All Ages | Register Today!

Las Palmas Park- Back Lot
505 South Huntington St.



Total Body
Conditioning
9:00 AM

Grab your family and develop strength, balance, and endurance through cardio and resistance training.

- Bring your own mat & water



Line Dance & Healthy
Bites
10:30 AM

Join Lenny from Danzone as she introduces variations of the popular line dance "El Caballo Dorado" and "Payaso del Rodeo".

- Bring a water bottle

~ SAMPLE A HEALTHY SNACK AFTER CLASS ~

For more information call
(818) 898-1290
or go to SFCity.org/SFRecreation

