

SPRING into HEALTH

Family Wellness Challenge

Saturday, April 3
Week 1

FREE | Family Friendly | All Ages | Register Today!

Pioneer Park - Tennis Courts
828 Harding Ave



Yoga
9:00 AM

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

- Bring your own mat & water

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



Zumba & Healthy Bites
10:30 AM

Ditch the workout and join the dance fitness party.
Suitable for all fitness levels.

- Bring a water bottle

~ **SAMPLE A HEALTHY SNACK AFTER CLASS** ~

