

**FREE**

# FEARLESS FITNESS

**OPEN TO ALL  
AGES &  
ABILITIES**

Let's get out and enjoy the day at Rudy Ortega Park for our Fearless Fitness event, to celebrate National Fitness Day with fun fitness activities, and Doc talk.

✓ **SENIOR ZUMBA 8:45 AM - 9:30 AM**

✓ **CHAIR YOGA 9:45 AM - 10:30 AM**

✓ **3 WINS & TBC 10:45 AM - 11:30 AM**

✓ **DOC TALK WITH REGAL 11:00 AM**

✓ **MIXED LINE DANCING 11:45 AM - 12:30 PM**

**MAY 6, 2023**

**8:30 AM - 12:30 PM**

**RUDY ORTEGA PARK  
TEA HOUSE**

**2025 FOURTH ST. SAN FERNANDO**

**\* ON-SITE REGISTRATION \***

[www.sfcity.org/SFRecreation](http://www.sfcity.org/SFRecreation)

**818-898-7340**