

THE CITY OF
SAN FERNANDO

AUGUST FITNESS CHALLENGE

**AGES
55+**

August 7 to August 31

JOIN US FOR A 4-WEEK CHALLENGE OF 150
MINUTES OF EXERCISE PER WEEK.

Must attend exercise classes at
Las Palmas Park to earn minutes.

Check-in with staff

EARN WEEKLY PRIZES
WHEN 150 MINUTES ARE ACHIEVED.

**REGISTER
TODAY!**

FOR MORE INFORMATION

818-898-7340

WWW.SFCITY.ORG/SFRECREATION