

# GET FIT WITH US



**LAS PALMAS PARK - GYM**  
505 HUNTINGTON ST.

## PROGRAMS FOR SENIORS 55+

### ZUMBA GOLD

Tuesdays  
10:30am - 11:30am  
Sponsored by **Humana**

### WALKABLE WEDNESDAYS

Wednesdays  
8:30am - 9am

### MOVEMENT FOR LIFE

Wednesdays  
9am - 9am  
**TEMPORARILY  
CANCELLED**  
\$10/month

### CHAIR ZUMBA GOLD

Thursdays  
10:30am - 11:30am  
**\$10**/month

### CHAIR YOGA

Fridays  
9am - 10am  
**\$30**/month

Register online at [sfcity.org/sfrecreation](https://sfcity.org/sfrecreation)





# PONTE EN FORMA CON NOSOTROS

➤ **LAS PALMAS PARK - GIMNASIA**  
505 HUNTINGTON ST.

PROGRAMAS PARA  
PERSONAS MAYORES 55+

## ZUMBA GOLD

MARTES  
10:30 am - 11:30 am  
Sponsored by **Humana**

## WALKABLE WEDNESDAYS

MIÉRCOLES  
8:30am - 9am  
Caminata cada miércoles

## MOVEMENT FOR LIFE

MIÉRCOLES  
10:30 am - 11:30 am  
**CANCELADO  
TEMPORALMENTE**  
\$10 /POR MES

## ZUMBA EN SILLA

JUEVES  
10:30am - 11:30am  
**\$10** /POR MES

## YOGA EN SILLA

Fridays  
9am - 10am  
**\$30** /POR MES

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