















**Join Recreation and Community Services as they kick off the
Annual Healthy San Fernando Campaign!**

The City of San Fernando has taken the pledge of healthy eating and active living. The goal of the campaign is to increase community awareness of obesity-related diseases, to encourage families to eat healthy and to be more physically active to prevent the risk of chronic diseases, including Diabetes.

As part of the campaign launch, the Recreation and Community Services Department is offering **FREE exercise classes during the week of July 24th through July 28th at San Fernando Recreation Park.**

Monday	Tuesday	Wednesday	Thursday	Friday
 3 WINS <i>fitness</i> 8:15am  ZUMBA 5:20pm  TRX SUSPENSION TRAINING 5:30 pm  Northeast Valley Health Corporation a californiah ^{health} center FOOD TASTING 6:15pm	YOGA 8:15am  ZUMBA 6:30pm	 3 WINS <i>fitness</i> 8:15am CYCLING 9:30am Limited seating  ZUMBA 5:20pm  Northeast Valley Health Corporation a californiah ^{health} center FOOD TASTING 6:15pm TOTAL BODY CONDITIONING 6:30pm	YOGA 8:15am  ZUMBA 6:30pm	 3 WINS <i>fitness</i> 8:15am SUMMER COOKOUTS w/  Northeast Valley Health Corporation a californiah ^{health} center 9:30am  CHAMPIONS for CHANGE™ Parks Make Life Better!


FREE CLASSES
July 24th – 28th


TRX
SUSPENSION TRAINING
Build lean muscle, tighten your core, boost your metabolism, and increase your cardio.


YOGA
Learn the principles of yoga to increase and maintain flexibility, muscle tone, and breathing capacity. Participants also enhance coordination and balance. Mat is required.

CYCLING
Cycling is a vigorous workout on stationary bikes that burn calories for all skill levels.

TOTAL BODY CONDITIONING
Engage in cardio and resistance training exercises to enhance your strength and agility. This Moderate-to-high intensity workout is designed for all fitness levels.

 **ZUMBA**
Dance to non-stop choreographed routines to improve cardiovascular endurance while having a “fitness party.”

 **Adult Fitness**
Exercise stations for all fitness levels that focus on improving strength, endurance, balance, and agility with the goal of achieving a healthy-active lifestyle.

 **Senior Fitness**
Targets fall prevention and improves the quality of daily living through balance, strength, and flexibility.