



Options for Active Living & Healthy Lifestyles

3 WINS *fitness* Recreation Park

208 Park Ave.
San Fernando, Ca 91340

Outdoor Fitness

Monday, Wednesday and Friday @ 8:15AM

3Wins Fitness is a **free** exercise program focused on promoting active lifestyles and healthy living.

~All Levels of Fitness~

~Fall Prevention~

~Nutrition Workshops~

SENIOR FITNESS CLASSES

LAS PALMAS PARK ~ 505 South Huntington Street

Join us for fun-filled mornings of fitness and wellness. Open to individuals 18 years of age and older and of all physical ability. Registration is required for all fee-based classes.

Stretch to the Music

Monday & Wednesday 9:30AM

Jan 14th - Mar 8th

\$30/8 Wk Session

Senior Zumba

Tuesdays 10AM

Year-Round

Free

Cardio Dance & Pump

Thursdays 8:30AM

Jan 14th - Mar 8th

Free- 8 Wk Session

Lifting & Energy Training

Friday 8:15am

Jan. 14th - Mar. 8th

\$15/ 8 Wk Session

