

SPRING INTO HEALTH

20% OFF

During the month of April!
Two (2) pass limit per person.

GROUP FITNESS CLASSES at RECREATION PARK

- Yoga
- Zumba
- Spin/Cycling
- Total Body Conditioning (TBC)
- All Inclusive Zumba



FitPass 10 classes for \$30

**THAT'S \$3
PER CLASS!**

MON

ZUMBA @ 5:20PM
SPIN @ 5:30PM

TUE

YOGA @ 8:15AM ~ TBC @ 5:30PM
ZUMBA @ 6:30PM

WED

ZUMBA @ 5:20PM ~ TBC @ 5:30PM
ALL INCLUSIVE ZUMBA @ 6:30PM

THU

YOGA @ 8:30AM ~ TBC @ 5:30PM
ZUMBA @ 6:30PM



~ Purchase your pass at Recreation Park ~

For more information/Para informacion en Espanol llame al (818) 898-1290 / www.sfcity.org

SPRING INTO HEALTH

3 WINS *fitness*

OUTDOOR FITNESS

Mon, Wed & Fri @ 8:15AM

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



SENIOR FITNESS CLASSES AT LAS PALMAS PARK

- STRETCH TO THE MUSIC- MON & WED @ 9:30AM
\$30 / 8wks
- LIFT & ENERGY TRAINING- FRIDAYS @ 8:15AM
\$15 / 8wks
- CARDIO DANCE + PUMP- THURSDAYS @ 8:30AM
FREE Sponsored by CareMore Health
- SENIOR ZUMBA- TUESDAYS @ 10:00AM
FREE Sponsored by Scan Health Plan
- PICKLEBALL- TUE & THU @ 11:30AM
\$15 / month



REGISTER AT LAS PALMAS PARK
MONDAY - FRIDAY, 9AM - 1PM
818-898-7340 / www.sfcity.org

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