

Balance, Strength & Healthy Mind



Recreation Park
Fridays 9:30-10:30am

8 weeks for \$20
June 7th - July 26th

THIS COURSE WILL HELP YOU:

- * Keep your independence
- * Make you feel and look better
- * Reduce your risk of falling
- * Improve your brain function
- * Strengthen your lower body

Class Instructor:

Valen Sinisgalli

3 Wins Fitness- Champions for
Life Exercise Director

**SUMMER
SESSION**



Register @ Recreation Park
208 Park Ave.

For more information, call
818-898-1290 or visit
www.sfcity.org

THE CITY OF
SAN FERNANDO