

SPRING into HEALTH

Family Wellness Challenge

April 3 - May 1, 2021

JOIN THE CHALLENGE AND LET'S
GET HEALTHY TOGETHER!

5-Week Program | Family Friendly Workshops | Community Wellness
Healthy Cooking Demos | Mindfulness | Art & Dance | FREE!

SCHEDULE OF WORKSHOPS

WEEK 1 Sat. April 3 Jue. 8 de abril	Yoga 9:00am 3 Wins Fitness Programa El Camino	Zumba* 10:30am Clase Virtual (Español) 6:45pm	Pioneer Park- Tennis Courts 828 Harding Ave. Registrese llamando a Las Palmas 818-898-7340
WEEK 2 Sat., April 10	Total Body Conditioning 9:00am	Line Dance* 10:30am	Las Palmas Park- Back Lot 505 South Huntington St.
WEEK 3 Sat., April 17	Tai Chi 9:00am	Martial Arts 10:30am	Lopez Adobe 1100 Pico St.
WEEK 4 Sat., April 24	Vision Board Workshop 9:00am	Yoga 10:30am Parent & Me Painting Class (Virtual) 11:00am	Rudy Ortega Park Zoom 2025 Fourth St.
WEEK 5 Fri., April 30 Sat., May 1	Family Zumba 6:00pm Pop Pilates 9:00am	Virtual Session Cardio Salsa* 10:30am	ZOOM Pioneer Park- Grass Area 828 Harding Ave.

Attend 3
workshops
and receive a
Health Champ
T-shirt & Bottle!

Weekly challenge will include a "Healthy Bites" cooking demonstration

MORE INFORMATION | (818) 898-1290 | SFCITY.ORG/SFRECREATION



SFRecreation



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