

FITNESS CLASS SCHEDULE

JANUARY
2022

ZUMBA

| | | |
|-------------|-------------------|-------------|
| Monday | Tuesday/ Thursday | Friday |
| 5p-6p | 7p-8p | 6p-7p |
| \$20/ Month | \$40/ Month | \$20/ Month |
| Leilani | Monica | Tanya |

CYCLING

| |
|------------|
| Monday |
| 7p-8p |
| \$25/Month |
| Berenice |

YOGA

| |
|-------------|
| Tuesday |
| 5:30p-6:15p |
| \$40/ Month |
| Tammy |

| |
|-------------|
| Friday |
| 6a-9a |
| \$40/ Month |
| Brigitte |

TOTAL BODY CONDITIONING

| | |
|---------------|----------------|
| Mon. - Thurs. | Tues. - Thurs. |
| 8:30 - 9:00a | 7p-8p |
| \$30/ Month | \$45/Month |
| (Berenice) | |

RECREATION PARK

INCLUSIVE ZUMBA

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|-------------|
| Wednesday |
| 6:30p-7:30p |
| \$15/ Month |
| Leilani |

REGISTER ONLINE

[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)

818-898-1290