

GET FIT WITH US



» **Las Palmas Park - Gym**
505 Huntington St.

PROGRAMS FOR SENIORS 55+

Senior Zumba

Tuesdays
10:30am-11:30am

Sponsored by  OPTUM

Chair Zumba

Thursdays
10:30am-11:30am

\$10 /month



Movement for Life

Build your strength and endurance through challenging but rewarding workouts to help you feel independent.

Mondays
9:30am-10:30am

\$10 /6-week session

Register today at Las Palmas Park or online at sfcity.org/sfrecreation.
For more information, call Las Palmas Park at 818-898-7340.

