

# 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.

Wednesdays  
9:00am-10:00am

**\$10** /month

Register today at Las Palmas Park or online at [sfcity.org/sfrecreation](http://sfcity.org/sfrecreation).  
For more information, call Las Palmas Park at 818-898-7340.

