

# GET FIT WITH US



**LAS PALMAS PARK - GYM**  
505 HUNTINGTON ST.

**PROGRAMS FOR SENIORS 55+**

## ZUMBA GOLD

Tuesdays  
10:30am - 11:30am

Sponsored by  OPTUM

## WALKABLE WEDNESDAYS

Wednesdays  
8:30am - 9am

## MOVEMENT FOR LIFE

Thursdays  
8am - 9am

**\$10** /month

## CHAIR ZUMBA GOLD

Thursdays  
10:30am - 11:30am

**\$10** /month

## CHAIR YOGA

Fridays  
9am - 10am

**\$30** /month

Register online at [sfcity.org/sfrecreation](https://sfcity.org/sfrecreation)

