



FREE ZUMBA
 (AGES 12YRS & UP)

MORNINGS
WED: 10:00AM-11:00AM
FRI: 11:00AM-12:00PM

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EVENINGS
WED: 6:30PM-7:30PM

**ENROLLMENT IS REQUIRED:
 REGISTER IN REC OFFICE OR ONLINE @
 WWW.SDRECONNECT.COM**

MORNING CLASS CODE #113183
EVENING CLASS CODE #11092

FREE BELLY DANCE

*Introduction to basic Belly Dance movements.
 This class provides a light fun overview of basic belly dance movements.*



**ENROLLMENT IS REQUIRED:
 REGISTER IN REC OFFICE OR ONLINE @
 WWW.SDRECONNECT.COM**

Registration Code# 113180

WEDNESDAYS & THURSDAYS
11:00am - 12:30pm

SOUTH BAY BLAZING TURTLES WALKING GROUP

INSPIRED BY OLDER ADULTS 55+yrs

-  **COST: FREE**
-  **AGES: 55+**
-  **MONTHLY BANQUETS**

This walking program is designed to enhance health through walking exercises and social camaraderie



ENROLL IN THE OFFICE PROGRAM # 113181

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)525-8286, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.