


**ZUMBA**  
 FITNESS



**ZUMBA**  
 (AGES 13YRS & UP)  
 \$5  
 for 3 months

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

**EVENINGS**  
 Tue/Wed/Thu:  
 6:30PM-7:30PM

**ENROLLMENT IS REQUIRED:  
 REGISTER IN REC OFFICE OR ONLINE @  
 WWW.SDRECCONNECT.COM**  
**MORNING CLASS CODE #114503**  
**EVENING CLASS CODE #114502**

**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.SDRECCONNECT.COM**

**Registration Code# 114500**  
**WEDNESDAYS & THURSDAYS**  
**11:00am – 12:30pm**

**SOUTH BAY**  
**BLAZING TURTLES**  
**WALKING GROUP**

**INSPIRED BY OLDER ADULTS 55+YRS**



 **COST: FREE**  
 **AGES: 55+**  
 **MONTHLY BANQUETS**  
 (2ND FRIDAY EACH MONTH)

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



**ENROLL IN THE OFFICE  
 PROGRAM # 114501**

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