



# Paradise Hills

# WORKOUT

# CLASS

**6610 Potomac Street San Diego CA 92139**

### Session I

Days: Saturday

Times: 10:30-12:00pm

April Activity Code: 130290

May Activity Code: 130291



### Session II

Days: Sunday

Times: 10:30-12:00pm

April Activity Code: 130292

May Activity Code: 130293



**AGES: 18+**

Workout classes offer structured, instructor-led group exercise sessions designed to improve strength, cardiovascular fitness, and flexibility

**CALL 619-527-3419 FOR MORE INFORMATION**



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