

# Cabrillo Recreation Center

3051 Canon Street San Diego, CA 92106

(619) 531-1534

## Adult Fitness Class



### December

1st - 29th

ActiveNet #104386

### January

5th - 25th

ActiveNet #104385

### February

2nd - 23rd

ActiveNet #104384

**Become part of our fun  
Exercise group.  
Classes include low-  
impact aerobics, cardio  
and strength training. It  
will help you feel Fit  
and Strong!**

### Time:

**10:00am-11:00am**

**Days: Thursdays**

**Ages:40+**

For more information on Winter  
programs visit us in person, call

**(619) 531-1534**

or log on to:

**[www.SDRecConnect.com](http://www.SDRecConnect.com)**