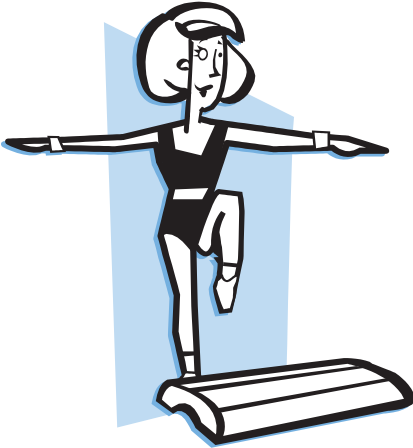
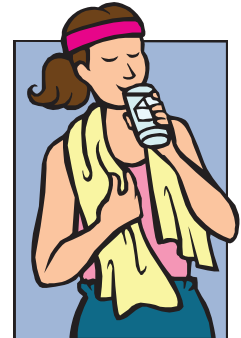


FITNESS AND FUN EXERCISE CLASS



A workout for men and women to stay fit, increase strength and endurance while relieving stress in a friendly social atmosphere. The class includes low impact exercises, line dances, latin moves, waltzes, step, strength training and flexibility with equipment provided. All performed to each person's individual ability level. Music includes Big Band to Ballroom, Latin to Country, Belafonte to Beyonce.

- Days:** Mondays, Tuesdays, and Fridays
- Age:** 18 and older
- Time:** Monday: 8:30 - 9:30 a.m.
Tuesday: 8:00 - 9:00 a.m.
Friday: 8:30 - 9:30 a.m.
- Where:** Percy Bakker Community Center
9333 "E" Avenue, Hesperia
(near "E" and Main, behind Burger King)
- Fee:** \$2.00 walk-in
\$21.00 per month
- Instructor:** Margie Shimek



Please bring water and wear appropriate shoes.

HesperiaParks.com

Please come about 10 minutes early to sign in and get equipment!

For more information, please call (760) 244-5488.
Events, dates, fees and programs are subject to change.