

July 2017

Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Holiday Esperanza Closed	5	6	7 Zumba 10:00am-11:00am
10	11	12	13	14 Zumba 10:00am-11:00am
17	18 Senior Fitness 11:00AM-11:45PM	19	20	21 Zumba 10:00am-11:00am
24	25 Senior Fitness 11:00AM-11:45PM	26	27	28 Zumba 10:00am-11:00am
31				



Hunting Park Office | 4417 N. 6th Street
Philadelphia, PA 19140
Tel: (215) 302-3150 x 334

Fitness Room Hours

New Extended Hours!

Monday-Thursday

9:00AM - 4:00PM

Friday

9:00AM - 12:00PM

Fees:

FREE for all patients of Esperanza Health Center with referral letter from medical provider. \$5 per month for non-patients.




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**Esperanza
Health Center**

Group Exercise Class Descriptions

<p><i>Ladies Only</i></p> 	<p>Dance away your stress with high energy moves set to Latin and world music that get your heart pumping and tone your muscles while putting you in the party mood! This class is for ladies only and is open to all fitness levels. \$2 per class or 10 classes for \$10.</p>
<p><i>Senior Fitness</i></p> 	<p>Free seated exercise for those age 55 and over, or anyone who desires to exercise while sitting down. Includes cardio, muscular strength, range of motion, balance and flexibility components. Some moves may be performed in a standing position with a seated option. Offered in conjunction with Esperanza’s weekly Senior’s program. There is no cost for this class.</p>
<p><i>Youth FitKicks</i></p> 	<p>Discipline, strength and respect are emphasized as participants progress through curriculum derived from the traditional Korean martial art of Taekwondo. Program typically offered during the school year. Cost is \$40 per student. For more information please call Instructor Tony Gonzalez at 215-807-8606 or email tony.gonzalez@esperanzahealth.com.</p>
<p><i>Family Fit</i></p>	<p>An exercise class for the entire family to do together! Each class, an instructor will lead participants in a wide variety of fun activities that will burn calories, improve muscle strength and tone, and increase flexibility. Parents and caregivers must attend and participate with their children, ages 6 –12. This program is typically offered 2-3 times per year. For more infor-</p>