

# June 2017

## Group Exercise Classes

Mon	Tue	Wed	Thu	Fri
			1 Youth FitKicks 4:00pm-5:00pm	2 Zumba 10:00am-11:00am
5	6 Senior Fitness 11:00m-11:45am	7	8	9 Zumba 10:00am-11:00am
12	13	14	15	16 Zumba 10:00am-11:00am
19	20 Esperanza CLOSED	21	22	23 Zumba 10:00am-11:00am
26	27 Senior Fitness 11:00am-11:45am	28	28	30 Zumba 10:00am-11:00am



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

### Fitness Room Hours:

**Monday—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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## 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>Low-impact exercise classes for those who are 55 and over, or anyone who desires an low-impact exercise. 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 we provide physical activity while preserving the essence of traditional Korean martial arts instruction derived from Taekwondo. We will begin accepting new students in September. Participants should be between ages 8-14. For more information please call Instructor Tony Gonzalez at 215-807-8606 or email <a href="mailto:tony.gonzalez@esperanzahealth.com">tony.gonzalez@esperanzahealth.com</a>.</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.</p>