

April 2017

Group Exercise Classes

Mon	Tue	Wed	Thu	Fri
3 Zumba 5:45pm-6:45pm	4 Senior Fitness 11am-11:30am Youth Fitkicks 4pm-5pm	5	6 Youth FitKicks 4pm-5pm Yoga 5:45pm-6:45pm	7
10 Zumba 5:45pm-6:45pm	11 Senior Fitness 11am-11:30am Youth Fitkicks 4pm-5pm	12	13 Youth FitKicks 4pm-5pm Yoga 5:45pm-6:45pm	14 CLOSED for Good Friday
17 Zumba 5:45pm-6:45pm	18 Senior Fitness 11am-11:30am Youth Fitkicks 4pm-5pm	19	20 Youth FitKicks 4pm-5pm Yoga 5:45pm-6:45pm	21
24 Zumba 5:45pm-6:45pm	25 Senior Fitness 11am-11:30am Youth Fitkicks 4pm-5pm	26	27 Youth FitKicks 4pm-5pm Yoga 5:45pm-6:45pm	28



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

Fitness Room Hours:

Mon: 9:00 am—12:00 pm
4:00 pm—7:00 pm
Tues: 9:00 am—12:00 pm
Wed: 9:00 am—12:00 pm
Thurs: 9:00 am—12:00 pm
4:00 pm—7:00 pm
Fri: 9:00am—12:00 pm

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>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>All Levels Yoga</i></p> 	<p>Guided stretching, breathing and holding poses designed to increase flexibility, build muscular strength and manage stress. All fitness levels welcome. \$2 per class or 10 classes for \$10.</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-</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>