



Senior Fitness Class

\$14.00 per Month

FEBUARY 7TH WEDNESDAY at 9:15-10A.M

Vallejo Community Center

Fitness Instructor: Chon Renee

One more healthy choice this month. Improve balance, strength and flexibility.

Great for all adults who enjoy an active lifestyle. Come join Instructor Chon Renee with fitness in a chair. GVRD friends, music and fun!

For more information, please contact Greater Vallejo Recreation District (707) 648-4640

395 Amador Street, Vallejo CA 94590

GVRD