

Register now!

TURN UP WITH SARA
BEYOND ESSENTIALS YOGA
SPECIAL EVENT OPPORTUNITY!



BEYOND
Essentials



Crossover Event!



COME TURN UP AND COOL
DOWN WITH A COMBO CLASS!

JOIN US FOR 45 MINUTES OF HIIT DANCE FITNESS WHERE YOU
BURN CALORIES AND DANCE IT OUT TO SOME GREAT MUSIC!
THEN COOL DOWN THE BODY WITH 45 MINUTES OF YOGA WHERE
YOU INCREASE FLEXIBILITY AND FIND INNER PEACE.

COMMUNITY CENTER (645 7TH ST.) OR ON LOSBANOS.ORG
CLASS IS 1.5 HOURS LONG FROM 6:00-7:30PM

FRIDAYS: 2/10, 3/10, 4/14, 5/12, 6/9
REGISTER NOW - \$15.00 PER PERSON
COMMUNITY CENTER (645 7TH ST.) OR ON
LOSBANOS.ORG
CLASS IS 1.5 HOURS LONG FROM 6:00-7:30PM



COME TURN UP AND COOL
DOWN WITH A COMBO CLASS!



STAY UP TO DATE ON THE LOS BANOS
PARKS & REC. FACEBOOK PAGE!

All programs subject to change
ParksandRecreation@LosBanos.org

