Fitness Challenge

- Free 30 Day Fitness Challenge starting January 1, 2013
- Daily Workout Plans & Exercise
 Tracker
- Earn points by exercising on your own or at classes
- Group Fitness Classes Available (Yoga, Pilates, Zumba, Water Aerobics and much more)
- Top five participants receive
 30% next class.
- Free Shirt for the first 25 to register by 12/19/12!!!

For more information please contact the Parks and Recreation Office at 661-2000.

Class locations and times on the back of this page





2001 East St. Woodland, CA 95776 Phone: (530) 661-2000 Fax: (530) 666-7257

www.cityofwoodland.org/parks&rec

