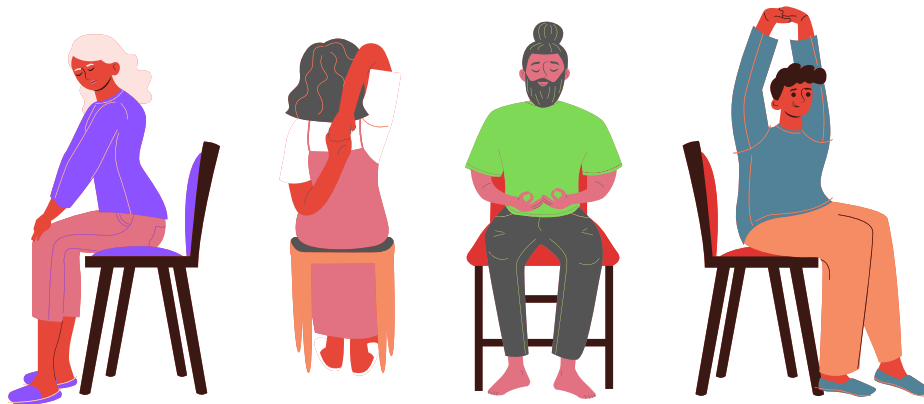


Sit and Get Fit Club

Club Leader:
Epi Cabrera

Whether you're a senior aiming to maintain mobility, someone with limited mobility seeking an accessible workout, or simply someone who enjoys chair-based exercises, Sit and Get Fit Club is right for you!



Mondays 11:00am -12:00 pm
Assembly Room 1

MUST HAVE A VALID FCSC MEMBERSHIP

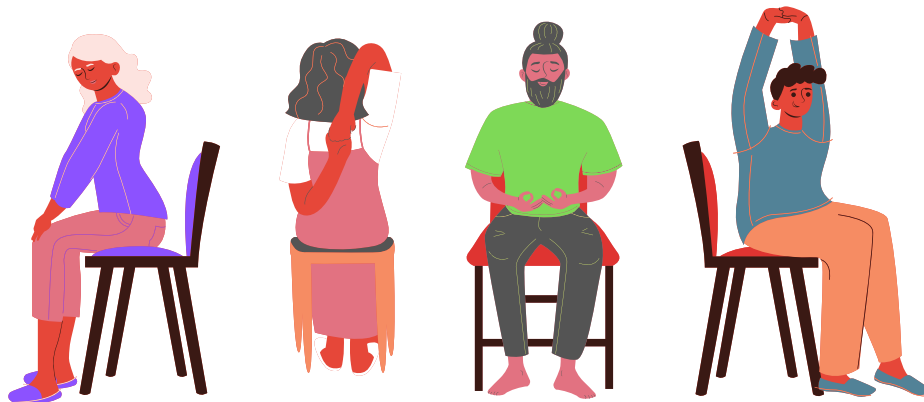
Fontana Community Senior Center
16710 Ceres Ave, Fontana CA 92335
(909) 854-5151

Club de Ejercicio en Silla

(Sit and Fit Club)

Líder del Club:
Epi Cabrera

Si usted desea mantener la movilidad, alguien con movilidad limitada que busca un entrenamiento accesible o simplemente alguien que disfruta de los ejercicios en silla, ¡Sit and Get Fit Club es adecuado para usted!



Lunes 11:00am -12:00 pm
Assembly Room 1

DEBE TENER UNA MEMBRESÍA VÁLIDA DE FCSC*

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