

ZUMBA

IN THE GREENWAY



Fridays
9 - 10 AM



The Greenway
Leland Ave. & Peabody St.

FREE

Join Maria for a great workout
along with great music.

It's fun, FREE, and in the
neighborhood.



For more Information, please contact Roland
Phone: (415) 574-5935 | Email: vzvalleyseniors@felton.org

Felton
institute



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

*This program serving the community is funded by the City of
San Francisco's Department of Disability and Aging Services.*

尊巴 在綠道



星期五
9 - 10 AM

自由体操班



The Greenway
Leland Ave. & Peabody St.

和玛丽亚一起锻炼。

有趣又免费。



如需了解更多信息，请致电 Roland
(415) 574-5935 | 或发送电子邮件至 vzvalleyseniors@felton.org

Felton
institute



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

这些社區服務計劃是由三藩市殘疾人與老齡化服務部資助的。